

Registered number
03407079

FAST FORWARD DISTRIBUTION LTD

Abbreviated Accounts

31 July 2013

FAST FORWARD DISTRIBUTION LTD**Registered number:** 03407079**Abbreviated Balance Sheet****as at 31 July 2013**

	Notes	2013 £	2012 £
Fixed assets			
Tangible assets	2	144,886	26,773
Investments	3	22,625	22,625
		<u>167,511</u>	<u>49,398</u>
Current assets			
Stocks		5,700	1,340
Debtors		460,775	433,389
Cash at bank and in hand		500	36,737
		<u>466,975</u>	<u>471,466</u>
Creditors: amounts falling due within one year		(513,326)	(317,108)
Net current (liabilities)/assets		<u>(46,351)</u>	<u>154,358</u>
Total assets less current liabilities		<u>121,160</u>	<u>203,756</u>
Creditors: amounts falling due after more than one year		(35,180)	(83,563)
Net assets		<u>85,980</u>	<u>120,193</u>
Capital and reserves			
Called up share capital	4	2	2
Profit and loss account		85,978	120,191
Shareholders' funds		<u>85,980</u>	<u>120,193</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

Members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

ML Hurlin

Director

Approved by the board on 8 April 2014

FAST FORWARD DISTRIBUTION LTD

Notes to the Abbreviated Accounts

for the year ended 31 July 2013

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Turnover

Turnover represents the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Plant and machinery	18% to 25% straight line
Motor vehicles	20% straight line

Stocks

Stock is valued at the lower of cost and net realisable value.

Deferred taxation

Full provision is made for deferred taxation resulting from timing differences between the recognition of gains and losses in the accounts and their recognition for tax purposes. Deferred taxation is calculated on an un-discounted basis at the tax rates which are expected to apply in the periods when the timing differences will reverse.

Leasing and hire purchase commitments

Assets held under finance leases and hire purchase contracts, which are those where substantially all the risks and rewards of ownership of the asset have passed to the company, are capitalised in the balance sheet and depreciated over their useful lives. The corresponding lease or hire purchase obligation is treated in the balance sheet as a liability.

The interest element of the rental obligations is charged to the profit and loss account over the period of the lease and represents a constant proportion of the balance of capital repayments outstanding.

Rentals paid under operating leases are charged to income on a straight line basis over the lease term.

Pensions

The company operates a defined contribution pension scheme. Contributions are charged to the profit and loss account as they become payable in accordance with the rules of the scheme.

2 Tangible fixed assets

£

Cost

At 1 August 2012	432,592
Additions	149,010
Disposals	(107,898)
At 31 July 2013	<u>473,704</u>

Depreciation

At 1 August 2012	405,819
Charge for the year	32,697
On disposals	(109,698)
At 31 July 2013	<u>328,818</u>

Net book value

At 31 July 2013	<u>144,886</u>
At 31 July 2012	<u>26,773</u>

3 Investments**£****Cost**

At 1 August 2012	22,625
At 31 July 2013	<u>22,625</u>

4 Share capital**Nominal
value****2013
Number****2013
£****2012
£**

Allotted, called up and fully paid:

Ordinary shares	£1 each	2	<u>2</u>	<u>2</u>
-----------------	---------	---	----------	----------

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.