

Registered number  
3407079

# FAST FORWARD DISTRIBUTION LTD

## Abbreviated Accounts

31 July 2007

THURSDAY



A17 \*AUWX5UVR\* 165  
22/11/2007  
COMPANIES HOUSE

**FAST FORWARD DISTRIBUTION LTD.**  
**Abbreviated Balance Sheet**  
**as at 31 July 2007**

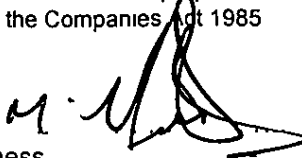
	Notes	2007 £	2006 £
<b>Fixed assets</b>			
Tangible assets	2	168,019	111,814
Investments	3	<u>22,625</u>	<u>22,625</u>
		190,644	134,439
<b>Current assets</b>			
Stocks		1,410	1,200
Debtors		328,186	293,175
Cash at bank and in hand		<u>42,930</u>	<u>23,731</u>
		372,526	318,106
<b>Creditors, amounts falling due within one year</b>		<u>(263,295)</u>	<u>(246,291)</u>
<b>Net current assets</b>		109,231	71,815
<b>Total assets less current liabilities</b>		<u>299,875</u>	<u>206,254</u>
<b>Creditors' amounts falling due after more than one year</b>		(67,850)	(36,705)
<b>Provisions for liabilities</b>		(8,660)	(1,172)
<b>Net assets</b>		<u>223,365</u>	<u>168,377</u>
<b>Capital and reserves</b>			
Called up share capital	4	2	2
Profit and loss account		223,363	168,375
<b>Shareholders' funds</b>		<u>223,365</u>	<u>168,377</u>

The directors are satisfied that the company is entitled to exemption under Section 249A(1) of the Companies Act 1985 and that no member or members have requested an audit pursuant to section 249B(2) of the Act

The directors acknowledge their responsibilities for

- (i) ensuring that the company keeps proper accounting records which comply with Section 221 of the Companies Act 1985, and
- (ii) preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of Section 226 of the Companies Act 1985, and which otherwise comply with the requirements of this Act relating to accounts, so far as applicable to the company

The accounts have been prepared in accordance with the special provisions relating to small companies within Part VII of the Companies Act 1985

  
MF Hennessy  
Director

Approved by the board on

19/11/07

**FAST FORWARD DISTRIBUTION LTD.**  
**Notes to the Abbreviated Accounts**  
**for the year ended 31 July 2007**

**1 Accounting policies**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2007)

***Depreciation***

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

Leasehold property expenditure	10 years straight line
Plant and machinery	18% straight line
Motor vehicles	25% 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

**FAST FORWARD DISTRIBUTION LTD.**  
**Notes to the Abbreviated Accounts**  
**for the year ended 31 July 2007**

<b>2 Tangible fixed assets</b>	<b>£</b>
<b>Cost</b>	
At 1 August 2006	369,223
Additions	112,890
Disposals	(101,385)
	<hr/>
At 31 July 2007	380,728
<b>Depreciation</b>	
At 1 August 2006	257,409
Charge for the year	51,310
On disposals	(96,010)
	<hr/>
At 31 July 2007	212,709
<b>Net book value</b>	
At 31 July 2007	<hr/> 168,019
At 31 July 2006	<hr/> 111,814

<b>3 Investments</b>	<b>£</b>	
<b>Cost</b>		
At 1 August 2006	22,625	
	<hr/>	
At 31 July 2007	22,625	
<b>4 Share capital</b>	<b>2007</b>	<b>2006</b>
	<b>£</b>	<b>£</b>
Authorised		
Ordinary shares of £1 each	<hr/> 1,000	<hr/> 1,000
	<b>2007</b>	<b>2006</b>
	<b>No</b>	<b>No</b>
2007		
2006		
Allotted, called up and fully paid		
Ordinary shares of £1 each	<hr/> 2	<hr/> 2

**5 Transactions with directors**

The company leases property from Mr & Mrs Henness and paid rent of £2,702 during the year

The amount due to Mr & Mrs Henness at the balance sheet dates is disclosed within the notes on creditors, the movements being dividends credited less loans repaid during the year

The above Directors owed money to the company at times during the year, the maximum outstanding balance being £4,092 each