

Registered number
3407079

FAST FORWARD DISTRIBUTION LTD.

Abbreviated Accounts

31 July 2005



FAST FORWARD DISTRIBUTION LTD.
Abbreviated Balance Sheet
as at 31 July 2005

| | Notes | 2005 £ | 2004 £ |
|--|-------|------------------|------------------|
| Fixed assets | | | |
| Tangible assets | 2 | 70,459 | 83,081 |
| Investments | 3 | <u>22,625</u> | <u>22,625</u> |
| | | 93,084 | 105,706 |
| Current assets | | | |
| Stocks | | 3,660 | 8,060 |
| Debtors | | 269,416 | 284,133 |
| Cash at bank and in hand | | <u>792</u> | <u>13,156</u> |
| | | 273,868 | 305,349 |
| Creditors: amounts falling due within one year | | <u>(208,751)</u> | <u>(188,403)</u> |
| Net current assets | | 65,117 | 116,946 |
| Total assets less current liabilities | | <u>158,201</u> | <u>222,652</u> |
| Creditors: amounts falling due after more than one year | | <u>(10,477)</u> | <u>(16,661)</u> |
| Net assets | | <u>147,724</u> | <u>205,991</u> |
| Capital and reserves | | | |
| Called up share capital | 4 | 2 | 2 |
| Profit and loss account | | <u>147,722</u> | <u>205,989</u> |
| Shareholders' funds | | <u>147,724</u> | <u>205,991</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.

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MF Hennessy

Director

Approved by the board on 8/11/05

FAST FORWARD DISTRIBUTION LTD.
Notes to the Abbreviated Accounts
for the year ended 31 July 2005

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 June 2002).

Turnover

Turnover represents the invoiced value of goods and services supplied by the company, net of value added tax and trade discounts.

Depreciation

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

| | |
|---------------------|-------------------|
| Plant and machinery | 20% 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 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 2005

2 Tangible fixed assets **£**

Cost

| | |
|------------------|---------|
| At 1 August 2004 | 294,030 |
| Additions | 24,432 |

| | |
|-----------------|----------------|
| At 31 July 2005 | <u>318,462</u> |
|-----------------|----------------|

Depreciation

| | |
|---------------------|---------|
| At 1 August 2004 | 210,949 |
| Charge for the year | 37,054 |

| | |
|-----------------|----------------|
| At 31 July 2005 | <u>248,003</u> |
|-----------------|----------------|

Net book value

| | |
|-----------------|---------------|
| At 31 July 2005 | <u>70,459</u> |
|-----------------|---------------|

| | |
|-----------------|---------------|
| At 31 July 2004 | <u>83,081</u> |
|-----------------|---------------|

3 Investments **£**

Cost

| | |
|------------------|--------|
| At 1 August 2004 | 22,625 |
|------------------|--------|

| | |
|-----------------|---------------|
| At 31 July 2005 | <u>22,625</u> |
|-----------------|---------------|

4 Share capital **2005** **2004**
£ **£**

| | | | | |
|----------------------------|--|--|--------------|--------------|
| Authorised: | | | | |
| Ordinary shares of £1 each | | | <u>1,000</u> | <u>1,000</u> |

| | | | | |
|-------------------------------------|-------------|-------------|-------------|-------------|
| | 2005 | 2004 | 2005 | 2004 |
| | No | No | £ | £ |
| Allotted, called up and fully paid: | | | | |
| Ordinary shares of £1 each | <u>2</u> | <u>2</u> | <u>2</u> | <u>2</u> |