

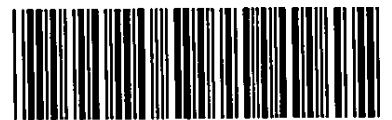
Registration number 7408668

Best Foot Forward Training Limited

Abbreviated accounts

for the year ended 30 November 2012

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Best Foot Forward Training Limited

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Best Foot Forward Training Limited

**Abbreviated balance sheet
as at 30 November 2012**

		2012		2011	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	2		432		575
Current assets					
Debtors		4,398		7,795	
Cash at bank and in hand		12,606		4,224	
		<u>17,004</u>		<u>12,019</u>	
Creditors: amounts falling due within one year		<u>(14,965)</u>		<u>(12,514)</u>	
Net current assets/(liabilities)			<u>2,039</u>		<u>(495)</u>
Total assets less current liabilities			<u>2,471</u>		<u>80</u>
Net assets			<u><u>2,471</u></u>		<u><u>80</u></u>
Capital and reserves					
Called up share capital	3		1		1
Profit and loss account			<u>2,470</u>		<u>79</u>
Shareholders' funds			<u><u>2,471</u></u>		<u><u>80</u></u>

The director's statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet

The notes on pages 3 to 4 form an integral part of these financial statements.

Best Foot Forward Training Limited

Abbreviated balance sheet (continued)

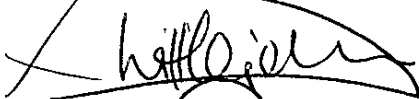
**Director's statements required by Sections 475(2) and (3)
for the year ended 30 November 2012**

In approving these abbreviated accounts as director of the company I hereby confirm

- (a) that for the year stated above the company was entitled to the exemption conferred by Section 477 of the Companies Act 2006 ,
- (b) that no notice has been deposited at the registered office of the company pursuant to Section 476 requesting that an audit be conducted for the year ended 30 November 2012 , and
- (c) that I acknowledge my responsibilities for
 - (1) ensuring that the company keeps accounting records which comply with Section 386 , and
 - (2) preparing financial statements 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 year then ended in accordance with the requirements of Section 393 and which otherwise comply with the provisions of the Companies Act 2006 relating to financial statements, so far as applicable to the company

These abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies

The abbreviated accounts were approved by the Board on 12 July 2013 and signed on its behalf by



Danielle Littlejohn
Director



Registration number 7408668

The notes on pages 3 to 4 form an integral part of these financial statements.

Best Foot Forward Training Limited

Notes to the abbreviated financial statements for the year ended 30 November 2012

1. Accounting policies

1.1. Accounting convention

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

1.2 Turnover

Turnover represents the total invoice value, excluding value added tax, of sales made during the year and derives from the provision of goods falling within the company's ordinary activities. In respect of contracts for ongoing services, turnover represents the value of work done in the year, including estimates of amounts not invoiced.

1.3. Tangible fixed assets and depreciation

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Fixtures, fittings and equipment	- 25% reducing balance
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1.4. Deferred taxation

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date where transactions or events have occurred at that date that will result in an obligation to pay more, or a right to pay less or to receive more, tax.

2. Fixed assets

	Tangible fixed assets £
Cost	
At 1 December 2011	719
At 30 November 2012	719
Depreciation	
At 1 December 2011	144
Charge for year	143
At 30 November 2012	287
Net book values	
At 30 November 2012	432
At 30 November 2011	575

Best Foot Forward Training Limited

**Notes to the abbreviated financial statements
for the year ended 30 November 2012**

continued

3. Share capital	2012	2011
	£	£
Allotted, called up and fully paid		
1 Ordinary shares of £1 each	<u>1</u>	<u>1</u>
Equity Shares		
1 Ordinary shares of £1 each	<u>1</u>	<u>1</u>