

Registered Number 07408668

BEST FOOT FORWARD TRAINING LTD

Abbreviated Accounts

30 November 2015

Abbreviated Balance Sheet as at 30 November 2015

	<i>Notes</i>	<i>2015</i>	<i>2014</i>
		£	£
Fixed assets			
Tangible assets	2	662	882
		<u>662</u>	<u>882</u>
Current assets			
Debtors		1,800	4,578
Cash at bank and in hand		29,213	26,757
		<u>31,013</u>	<u>31,335</u>
Creditors: amounts falling due within one year		<u>(30,178)</u>	<u>(30,059)</u>
Net current assets (liabilities)		<u>835</u>	<u>1,276</u>
Total assets less current liabilities		<u>1,497</u>	<u>2,158</u>
Total net assets (liabilities)		<u>1,497</u>	<u>2,158</u>
Capital and reserves			
Called up share capital	3	1	1
Profit and loss account		1,496	2,157
Shareholders' funds		<u>1,497</u>	<u>2,158</u>

- For the year ending 30 November 2015 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 27 August 2016

And signed on their behalf by:

Danielle Littlejohn, Director

Notes to the Abbreviated Accounts for the period ended 30 November 2015

1 Accounting Policies

Basis of measurement and preparation of accounts

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 policy

Turnover represents the total invoice value, excluding value added tax, of sales made during the year and derives from the provision of goods and services 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.

Tangible assets depreciation policy

Depreciation is provided at rates calculated to write off each asset over its expected useful life, as follows:

Fixtures, fittings and equipment : 25% reducing balance

2 Tangible fixed assets

	£
Cost	
At 1 December 2014	1,753
Additions	-
Disposals	-
Revaluations	-
Transfers	-
At 30 November 2015	<u>1,753</u>
Depreciation	
At 1 December 2014	871
Charge for the year	220
On disposals	-
At 30 November 2015	<u>1,091</u>
Net book values	
At 30 November 2015	<u>662</u>
At 30 November 2014	<u>882</u>

3 Called Up Share Capital

Allotted, called up and fully paid:

	2015	2014
	£	£
1 Ordinary shares of £1 each	1	1

registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.