Registered Number 07408668

BEST FOOT FORWARD TRAINING LTD

Abbreviated Accounts

30 November 2013

BEST FOOT FORWARD TRAINING LTD **Registered Number 07408668**

Abbreviated Balance Sheet as at 30 November 2013

	Notes	*2013*	*2012*
		£	£
Fixed assets			
Tangible assets	2	1,177	432
		1,177	432
Current assets			
Debtors		2,108	4,398
Cash at bank and in hand		21,651	12,606
		23,759	17,004
Creditors: amounts falling due within one year		(21,666)	(14,965)
Net current assets (liabilities)		2,093	2,039
Total assets less current liabilities		3,270	2,471
Total net assets (liabilities)		3,270	2,471
Capital and reserves			
Called up share capital	3	1	1
Profit and loss account		3,269	2,470
Shareholders' funds		3,270	2,471

- For the year ending 30 November 2013 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 23 July 2014

And signed on their behalf by:
MS D LITTLEJOHN, Director

Notes to the Abbreviated Accounts for the period ended 30 November 2013

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 the cost less residual value of each asset over its expected useful life. The rate used is 25% on the reducing balance basis.

Other accounting policies
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 receive less or to receive more, tax.

2 Tangible fixed assets

	£
Cost	
At 1 December 2012	719
Additions	1,035
Disposals	-
Revaluations	-
Transfers	-
At 30 November 2013	1,754
Depreciation	
At 1 December 2012	287
Charge for the year	290
On disposals	-
At 30 November 2013	577
Net book values	
At 30 November 2013	1,177
At 30 November 2012	432

3 Called Up Share Capital

Allotted, called up and fully paid:

	2013	*2012*

	£	£
1 Ordinary shares of £1 each	1	1

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