

REGISTERED NUMBER: 12178564 (England and Wales)

UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2023
FOR
FOREST FLOW CROSSFIT LTD

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for the Year Ended 31 August 2023**

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FOREST FLOW CROSSFIT LTD

COMPANY INFORMATION
for the Year Ended 31 August 2023

DIRECTOR: Miss O Woodhouse

REGISTERED OFFICE: Wyresdale Park
Snow Hill Lane
Scorton
Preston
PR3 1BA

REGISTERED NUMBER: 12178564 (England and Wales)

ACCOUNTANTS: Fairhurst
Chartered Accountants
Douglas Bank House
Wigan Lane
Wigan
Lancashire
WN1 2TB

FOREST FLOW CROSSFIT LTD (REGISTERED NUMBER: 12178564)

BALANCE SHEET
31 August 2023

	Notes	2023 £	£	2022 £	£
FIXED ASSETS					
Tangible assets	4		39,666		12,888
CURRENT ASSETS					
Debtors	5	100		100	
Cash at bank		<u>56,320</u>		<u>34,820</u>	
		56,420		34,920	
CREDITORS					
Amounts falling due within one year	6	<u>50,002</u>		<u>19,831</u>	
NET CURRENT ASSETS			<u>6,418</u>		<u>15,089</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			46,084		27,977
CREDITORS					
Amounts falling due after more than one year	7		<u>23,476</u>		<u>6,898</u>
NET ASSETS			<u>22,608</u>		<u>21,079</u>
CAPITAL AND RESERVES					
Called up share capital			100		100
Retained earnings			<u>22,508</u>		<u>20,979</u>
			<u>22,608</u>		<u>21,079</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 August 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 August 2023 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges her responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The notes form part of these financial statements

FOREST FLOW CROSSFIT LTD (REGISTERED NUMBER: 12178564)

BALANCE SHEET - continued
31 August 2023

The financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

In accordance with Section 444 of the Companies Act 2006, the Income Statement has not been delivered.

The financial statements were approved by the director and authorised for issue on 30 May 2024 and were signed by:

Miss O Woodhouse - Director

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS
for the Year Ended 31 August 2023**

1. STATUTORY INFORMATION

Forest Flow Crossfit Ltd is a private company, limited by shares, registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

These financial statements have been prepared in accordance with Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" including the provisions of Section 1A "Small Entities" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Turnover

Turnover is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off the cost less estimated residual value of each asset over its estimated useful life or, if held under a finance lease, over the lease term, whichever is the shorter.

Plant and machinery etc - 25% on reducing balance and 15% on reducing balance

Taxation

Taxation for the year comprises current and deferred tax. Tax is recognised in the Income Statement, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the year end and that are expected to apply to the reversal of the timing difference.

Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

Hire purchase and leasing commitments

Assets obtained under hire purchase contracts or finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over their estimated useful lives. Those held under finance leases are depreciated over their estimated useful lives or the lease term, whichever is the shorter.

The interest element of these obligations is charged to profit or loss over the relevant period. The capital element of the future payments is treated as a liability.

Rentals paid under operating leases are charged to profit or loss on a straight line basis over the period of the lease.

3. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 1 (2022 - NIL).

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 August 2023**

4. TANGIBLE FIXED ASSETS

	Plant and machinery etc £
COST	
At 1 September 2022	18,039
Additions	<u>31,491</u>
At 31 August 2023	<u>49,530</u>
DEPRECIATION	
At 1 September 2022	5,151
Charge for year	<u>4,713</u>
At 31 August 2023	<u>9,864</u>
NET BOOK VALUE	
At 31 August 2023	<u>39,666</u>
At 31 August 2022	<u>12,888</u>

The net book value of tangible fixed assets includes £ 26,066 in respect of assets held under hire purchase contracts.

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Other debtors	<u>100</u>	<u>100</u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Bank loans and overdrafts	2,502	2,350
Hire purchase contracts	3,963	-
Taxation and social security	-	1,863
Other creditors	<u>43,537</u>	<u>15,618</u>
	<u>50,002</u>	<u>19,831</u>

7. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2023 £	2022 £
Bank loans	4,392	6,898
Hire purchase contracts	<u>19,084</u>	<u>-</u>
	<u>23,476</u>	<u>6,898</u>

8. ULTIMATE CONTROLLING PARTY

The controlling party is Miss O Woodhouse.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.