

**FOREST FLOW CROSSFIT LTD
UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 AUGUST 2024**

FOREST FLOW CROSSFIT LTD
UNAUDITED ACCOUNTS
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FOREST FLOW CROSSFIT LTD
COMPANY INFORMATION
FOR THE YEAR ENDED 31 AUGUST 2024

Director	Oakley Hardwick
Company Number	12178564 (England and Wales)
Registered Office	Wyresdale Park Snow Hill Lane Scorton Preston Lancashire PR3 1BA England

FOREST FLOW CROSSFIT LTD
STATEMENT OF FINANCIAL POSITION
AS AT 31 AUGUST 2024

	Notes	2024 £	2023 £
Fixed assets			
Tangible assets	<u>4</u>	36,056	39,666
Current assets			
Debtors	5	-	100
Cash at bank and in hand		55,190	56,320
		<u>55,190</u>	<u>56,420</u>
Creditors: amounts falling due within one year	<u>6</u>	(46,949)	(50,002)
Net current assets		<u>8,241</u>	<u>6,418</u>
Total assets less current liabilities		44,297	46,084
Creditors: amounts falling due after more than one year	<u>7</u>	(17,998)	(23,476)
Net assets		<u>26,299</u>	<u>22,608</u>
Capital and reserves			
Called up share capital		100	100
Profit and loss account		26,199	22,508
Shareholders' funds		<u>26,299</u>	<u>22,608</u>

For the year ending 31 August 2024 the company was entitled to exemption from audit 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 director acknowledges her responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities. The profit and loss account has not been delivered to the Registrar of Companies.

The financial statements were approved by the Board and authorised for issue on 28 April 2025 and were signed on its behalf by

Oakley Hardwick
Director

Company Registration No. 12178564

FOREST FLOW CROSSFIT LTD
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 AUGUST 2024

1 Statutory information

Forest Flow Crossfit Ltd is a private company, limited by shares, registered in England and Wales, registration number 12178564. The registered office is Wyrmsdale Park, Snow Hill Lane, Scorton, Preston, Lancashire, PR3 1BA, England.

2 Compliance with accounting standards

The accounts have been prepared in accordance with the provisions of FRS 102 Section 1A Small Entities. There were no material departures from that standard.

3 Accounting policies

These financial statements for the year ended 31 August 2024 are the first financial statements that comply with FRS 102 Section 1A Small Entities. The date of transition is 1 September 2022.

The transition to FRS 102 Section 1A Small Entities has resulted in a small number of changes in accounting policies to those used previously.

The nature of these changes and their impact on opening equity and profit for the comparative period are explained in the notes below.

Basis of preparation

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

Presentation currency

The accounts are presented in £ sterling.

Tangible fixed assets and depreciation

Tangible assets are included at cost less depreciation and impairment. Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

4 Tangible fixed assets

	Plant & machinery	Motor vehicles	Computer equipment	Total
	£	£	£	£
Cost or valuation	At cost	At cost	At cost	
At 1 September 2023	21,662	27,199	669	49,530
Additions	7,502	-	-	7,502
At 31 August 2024	29,164	27,199	669	57,032
Depreciation				
At 1 September 2023	8,289	1,133	442	9,864
Charge for the year	4,375	6,516	221	11,112
At 31 August 2024	12,664	7,649	663	20,976
Net book value				
At 31 August 2024	16,500	19,550	6	36,056
At 31 August 2023	13,373	26,066	227	39,666

FOREST FLOW CROSSFIT LTD
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 AUGUST 2024

5 Debtors	2024	2023
	£	£
Amounts falling due within one year		
Other debtors	-	100
6 Creditors: amounts falling due within one year	2024	2023
	£	£
Bank loans and overdrafts	2,502	2,502
VAT	1,774	-
Obligations under finance leases and hire purchase contracts	4,323	3,963
Taxes and social security	2,051	-
Other creditors	450	450
Loans from directors	34,790	42,124
Accruals	1,059	963
	46,949	50,002
7 Creditors: amounts falling due after more than one year	2024	2023
	£	£
Bank loans	2,047	4,392
Obligations under finance leases and hire purchase contracts	15,951	19,084
	17,998	23,476
8 Average number of employees		
During the year the average number of employees was 1 (2023: 1).		

