

**FOREST FLOW CROSSFIT LTD
UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 AUGUST 2025**

FOREST FLOW CROSSFIT LTD
ANNUAL REPORT AND UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 AUGUST 2025

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FOREST FLOW CROSSFIT LTD
COMPANY INFORMATION
FOR THE YEAR ENDED 31 AUGUST 2025

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 2025

	2025	2024
	£	£
Fixed assets	35,483	36,056
Current assets	58,529	55,190
Creditors: amounts falling due within one year	(44,133)	(45,890)
Net current assets	14,396	9,300
Total assets less current liabilities	49,879	45,356
Creditors: amounts falling due after more than one year	(13,178)	(17,998)
Accruals and deferred income	(1,500)	(1,059)
Net assets	35,201	26,299
Capital and reserves	35,201	26,299

NOTES TO THE ACCOUNTS

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 Wyresdale Park, Snow Hill Lane, Scorton, Preston, Lancashire, PR3 1BA, England.

2 Average number of employees

During the year the average number of employees was 1 (2024: 1).

For the year ending 31 August 2025 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 in accordance with the micro-entity provisions of the Companies Act 2006 and FRS 105, The Financial Reporting Standard applicable to the Micro-entities Regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Approved by the board on 10 April 2026

Oakley Hardwick
Director

Company Registration No. 12178564

