



**ACTIVE PROGRESSION
LIMITED**

ABBREVIATED ACCOUNTS

FOR THE YEAR ENDED

31 DECEMBER 2011



Company no 3839340

ACTIVE PROGRESSION LIMITED

ABBREVIATED ACCOUNTS

For the year ended 31 December 2011

Company registration number	3839340
Registered office	The Red Barn Newton Northants NN14 1BW
Director	Andrew D Watson
Secretary	David C Watson
Bankers	HSBC Bank plc 22-24 Corporation Street CORBY Northants NN17 1NJ

ACTIVE PROGRESSION LIMITED

ABBREVIATED ACCOUNTS

For the year ended 31 December 2011

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ACTIVE PROGRESSION LIMITED

PRINCIPAL ACCOUNTING POLICIES

BASIS OF PREPARATION

The financial statements have been prepared under the historical cost convention

The principal accounting policies of the company have remained unchanged from the previous year and are set out below

TURNOVER

Turnover is the total amount receivable by the company for goods supplied and services provided, excluding VAT and trade discounts

TANGIBLE FIXED ASSETS AND DEPRECIATION

Depreciation is calculated to write down the cost less estimated residual value of all tangible fixed assets by equal annual instalments over their expected useful lives. The rates generally applicable are

Computer equipment	3 years
Office furniture	5 years

DEFERRED TAXATION

Deferred tax is provided for using the tax rates estimated to arise when the timing differences reverse

ACTIVE PROGRESSION LIMITED**ABBREVIATED BALANCE SHEET AT 31 DECEMBER 2011**

	Note	£	2011 £	£	2010 £
Fixed assets					
Tangible assets	1		510		750
Current assets					
Debtors		140		-	
Bank balance		-		220	
		140		220	
Creditors: amounts falling due within one year		885		143	
Net current (liabilities)/assets			(745)		77
Total assets less current liabilities			(235)		827
Capital and reserves					
Called up share capital	2		2		2
Profit and loss account			(237)		825
Shareholders' funds			(235)		827

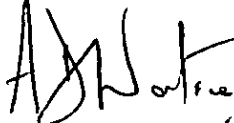
The company is exempt from the requirements relating to preparing audited accounts in accordance with section 477 of the Companies Act 2006

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006

The director acknowledges his responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts

These abbreviated accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime

The abbreviated accounts were approved by the Director on 26 September 2012



Andrew D Watson
Director

Registered no 3839340

The accompanying accounting policies and notes form an integral part of these abbreviated accounts

ACTIVE PROGRESSION LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS

For the year ended 31 December 2011

1 TANGIBLE FIXED ASSETS

	Total £
Cost	
As at 1 January 2011	1,565
Additions in the year	<u>-</u>
	1,565
Disposals	<u>-</u>
As at 31 December 2011	<u>1,565</u>
Depreciation	
As at 1 January 2011	815
Provided in the year	<u>240</u>
	1,055
Disposals	<u>-</u>
As at 31 December 2011	<u>1,055</u>
Net book amount at 31 December 2011	<u>510</u>
Net book amount at 31 December 2010	<u>750</u>

2 SHARE CAPITAL

	2011 and 2010 £
Authorised	
100 ordinary shares of £1 each	<u>100</u>
Allotted, called up and fully paid	
2 ordinary shares of £1 each	<u>2</u>