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**ACTIVE PROGRESSION  
LIMITED**

ABBREVIATED ACCOUNTS

FOR THE YEAR ENDED

31 DECEMBER 2009

# **ACTIVE PROGRESSION LIMITED**

## **ABBREVIATED ACCOUNTS**

For the year ended 31 December 2009

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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 12 Spencer Court CORBY Northants NN17 1NY

# **ACTIVE PROGRESSION LIMITED**

## **ABBREVIATED ACCOUNTS**

**For the year ended 31 December 2009**

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# **ACTIVE PROGRESSION LIMITED**

## **PRINCIPAL ACCOUNTING POLICIES**

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### **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 2009

	Note	2009 £	2008 £
<b>Fixed assets</b>			
Tangible assets	1	200	350
<b>Current assets</b>			
Debtors		-	310
Bank balance		-	1,117
		-	1,427
<b>Creditors: amounts falling due within one year</b>		<b>499</b>	<b>1,413</b>
<b>Net current (liabilities)/assets</b>		<b>(499)</b>	<b>14</b>
<b>Total assets less current liabilities</b>		<b>(299)</b>	<b>364</b>
<b>Creditors: amounts falling due after more than one year</b>		<b>-</b>	<b>-</b>
		<b>(299)</b>	<b>364</b>
<b>Capital and reserves</b>			
Called up share capital	2	2	2
Profit and loss account		(301)	362
<b>Shareholders' funds</b>		<b>(299)</b>	<b>364</b>

The director is satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act

The director acknowledges his responsibilities for

- (i) ensuring that the company keeps adequate accounting records which comply with section 386 of the Act, and
- (ii) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of the Act, and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the company

These abbreviated accounts have been prepared in accordance with the special provisions for small companies under section 477 of the Companies Act 2006

The abbreviated accounts were approved by the Director on 11 August 2010



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 2009

### 1 TANGIBLE FIXED ASSETS

	Total £
Cost	
As at 1 January 2009 and at 31 December 2009	<u>6,269</u>
Depreciation	
As at 1 January 2009	5,919
Provided in the year	<u>150</u>
As at 31 December 2009	<u>6,069</u>
Net book amount at 31 December 2009	<u>200</u>
Net book amount at 31 December 2008	<u>350</u>

### 2 SHARE CAPITAL

	2009 and 2008 £
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>