



**Companies House**  
— for the record —

Please complete in typescript,  
or in bold black capitals.

CHWP000

# 288b

## Terminating appointment as director or secretary (NOT for appointment (use Form 288a) or change of particulars (use Form 288c))

Company Number

56 02 06 7

Company Name in full

RUDE HEALTH FOODS LIMITED

Date of termination of appointment

Day	Month	Year
1	8	2008

as director



as secretary



Please mark the appropriate box. If terminating  
appointment as a director and secretary mark  
both boxes

NAME

\*Style / Title

MISS

\*Honours etc

Please insert  
details as  
previously  
notified to  
Companies House

Forename(s)

KATIE JANE

Surname

FREESTONE

†Date of Birth

Day	Month	Year
2	9	1971

A serving director, secretary etc must sign the form below.

Signed

Nicholas Gorman

Date

18 02 2008

\* Voluntary details

† Directors only

\*\* Delete as appropriate

(\*\* serving director / secretary / administrator / administrative receiver / receiver manager / receiver)

You do not have to give any contact  
information in the box opposite but  
if you do, it will help Companies  
House to contact you if there is a  
query on the form. The contact  
information that you give will be

1 ALENVILLE MEWS  
KIMBER ROAD · LONDON SW18  
Tel 0208 877 9821

DX number

DX exchange

When you have completed and signed the form please send it to the  
Registrar of Companies at

Companies House, Crown Way, Cardiff, CF14 3UZ DX 33050 Cardiff

for companies registered in England and Wales or

Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB

for companies registered in Scotland

DX 235 Edinburgh  
or LP - 4 Edinburgh

TUESDAY



A38

\*A1GF7XCM\*

19/02/2008

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COMPANIES HOUSE