



Companies House
for the record

288b

Please complete in typescript,
or in bold black capitals.

CHWP000

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

Company Number

56 02 067

Company Name in full

RUDE HEALTH FOODS LIMITED

Date of termination of appointment
Day Month Year
1 8 02 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
29 12 1971

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

Signed

Nicholas Forward

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

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

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

for companies registered in Scotland

DX 235 Edinburgh
or LP - 4 Edinburgh

TUESDAY



A38

19/02/2008

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COMPANIES HOUSE

Form revised 10/03