

Appendix 3Y

Change of Director's Interest Notice

Information or documents not available now must be given to ASX as soon as available. Information and documents given to ASX become ASX's property and may be made public.

Introduced 30/9/2001.

Name of entity	Bow Energy Limited
ABN	63 111 019 857

We (the entity) give ASX the following information under listing rule 3.19A.2 and as agent for the director for the purposes of section 205G of the Corporations Act.

Name of Director	Ron Prefontaine
Date of last notice	13 November 2006

Part 1 - Change of director's relevant interests in securities

In the case of a trust, this includes interests in the trust made available by the responsible entity of the trust

Note: In the case of a company, interests which come within paragraph (i) of the definition of "notifiable interest of a director" should be disclosed in this part.

Direct or indirect interest	Direct and Indirect
Nature of indirect interest (including registered holder) Note: Provide details of the circumstances giving rise to the relevant interest.	Annabel Prefontaine (wife of director) Mr Ronald and Mrs Annabel Prefontaine (Director and wife of director) Prepet Pty Ltd (Director is a director and shareholder of and beneficiary of trust for which it is trustee of) Prefontaine Consulting Pty Ltd (Director is a director and shareholder of) Prefontaine Super Fund (Director is a member of)
Date of change	28 November 2006

+ See chapter 19 for defined terms.

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No. of securities held prior to change	
Ron Prefontaine	249,211 BOW (Ordinary) 93,865 BOWO (31/3/08 Options @ \$0.20)
Annabel Prefontaine	199,325 BOW (Ordinary) 91,166 BOWO (31/3/08 Options @ \$0.20)
Mr Ronald and Mrs Annabel Prefontaine	262,500 BOW (Ordinary) 131,250 BOWO (31/3/08 Options @ \$0.20)
Prepet Pty Ltd	4,621,570 BOW (Ordinary) 112,285 BOWO (31/3/08 Options @ \$0.20)
Prefontaine Consulting Pty Ltd	15,000 BOW (Ordinary)
Total	5,347,606 BOW (Ordinary) 428,566 BOWO (31/3/08 Options @ \$0.20)
Class	
Number acquired	
Prefontaine Super Fund	1,015,000 BOW (Ordinary)
Number disposed	
Prepet Pty Ltd	1,000,000 BOW (Ordinary)
Prefontaine Consulting Pty Ltd	15,000 BOW (Ordinary)
Value/Consideration Note: If consideration is non-cash, provide details and estimated valuation	\$0
No. of securities held after change	
Ron Prefontaine	249,211 BOW (Ordinary) 93,865 BOWO (31/3/08 Options @ \$0.20)
Annabel Prefontaine	199,325 BOW (Ordinary) 91,166 BOWO (31/3/08 Options @ \$0.20)
Mr Ronald and Mrs Annabel Prefontaine	262,500 BOW (Ordinary) 131,250 BOWO (31/3/08 Options @ \$0.20)
Prepet Pty Ltd	3,621,570 BOW (Ordinary) 112,285 BOWO (31/3/08 Options @ \$0.20)
Prefontaine Consulting Pty Ltd	0 BOW (Ordinary)
Prefontaine Super Fund	1,015,000 BOW (Ordinary)
Total	5,347,606 BOW (Ordinary) 428,566 BOWO (31/3/08 Options @ \$0.20)

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<p>Nature of change Example: on-market trade, off-market trade, exercise of options, issue of securities under dividend reinvestment plan, participation in buy-back</p>	<p>Off-market transfer</p>
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Part 2 – Change of director's interests in contracts

Note: In the case of a company, interests which come within paragraph (ii) of the definition of "notifiable interest of a director" should be disclosed in this part.

<p>Detail of contract</p>	
<p>Nature of interest</p>	
<p>Name of registered holder (if issued securities)</p>	
<p>Date of change</p>	
<p>No. and class of securities to which interest related prior to change Note: Details are only required for a contract in relation to which the interest has changed</p>	
<p>Interest acquired</p>	
<p>Interest disposed</p>	
<p>Value/Consideration Note: If consideration is non-cash, provide details and an estimated valuation</p>	
<p>Interest after change</p>	

On behalf of the Board
 DP Cornish
 Company Secretary
 30 November 2006

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