

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	24 April 2009

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	18 December 2009

+ See chapter 19 for defined terms.

Appendix 3Y
Change of Director's Interest Notice

No. of securities held prior to change	
Ron Prefontaine	566,276 BOW (Ordinary)
Annabel Prefontaine	385,926 BOW (Ordinary)
Mr Ronald and Mrs Annabel Prefontaine	494,729 BOW (Ordinary)
Prepet Pty Ltd	4,746,093 BOW (Ordinary)
Prefontaine Consulting Pty Ltd	35,354 BOW (Ordinary)
Prefontaine Super Fund	4,281,667 BOW (Ordinary) 1,669,456 Unlisted Options (50c @ 7/11/11)
Total	10,510,045 BOW (Ordinary) 1,669,456 Unlisted Options (50c @ 7/11/11)
Class	BOW (Ordinary)
Number acquired	
Ron Prefontaine	12,000 BOW (Ordinary)
Annabel Prefontaine	12,000 BOW (Ordinary)
Prepet Pty Ltd	12,000 BOW (Ordinary)
Prefontaine Consulting Pty Ltd	12,000 BOW (Ordinary)
Prefontaine Super Fund	12,000 BOW (Ordinary)
Total	60,000 BOW (Ordinary)
Number disposed	Nil
Value/Consideration Note: If consideration is non-cash, provide details and estimated valuation	\$75,000
No. of securities held after change	
Ron Prefontaine	578,276 BOW (Ordinary)
Annabel Prefontaine	397,926 BOW (Ordinary)
Mr Ronald and Mrs Annabel Prefontaine	494,729 BOW (Ordinary)
Prepet Pty Ltd	4,758,093 BOW (Ordinary)
Prefontaine Consulting Pty Ltd	47,354 BOW (Ordinary)
Prefontaine Super Fund	4,293,667 BOW (Ordinary) 1,669,456 Unlisted Options (50c @ 7/11/11)
Total	10,570,045 BOW (Ordinary) 1,669,456 Unlisted Options (50c @ 7/11/11)
Nature of change Example: on-market trade, off-market trade, exercise of options, issue of securities under dividend reinvestment plan, participation in buy-back	Purchase of securities under Share Purchase Plan.

+ See chapter 19 for defined terms.

Appendix 3Y Change of Director's Interest Notice

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.

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

On behalf of the Board
DP Cornish
Company Secretary
21 December 2009

+ See chapter 19 for defined terms.