ASX ANNOUNCEMENT

31 October 2016

September 2016 Quarterly

Interpose Holdings Limited (ASX:IHS), previously Sunbird Energy Limited, is pleased to provide an update of its activities for the quarter ending 30 September 2016

Completion of Asset Sale

As announced on 28 July 2016 the Company has completed the sale of its African Projects, previously announced by the Company on 18 April 2016 (Transaction).

The African Projects were sold in consideration for:

- a cash payment of approximately A\$1 million (subject to adjustments): (a)
- (b) the buyback and cancellation of 55 million existing shares in the Company held by parties associated with the Purchaser; and
- assignment of all of the Company's debt, totalling approximately A\$4.8 million, to the (c) Purchaser.

Resignation of Directors

Pursuant to the terms of the Transaction, Dorian Wrigley and Kerwin Rana resigned from the Board of the Company effective 28 July 2016.

Appointment of Director

As announced 29 July 2016 the Company is pleased to announce the appointment of Mr Barnaby Egerton-Warburton as a director of the company.

Mr Egerton-Warburton holds a Bachelor of Economics Degree and is a graduate of the Australian Institute of Company Directors and a member of the American Association of Petroleum Geologists. He has over 20 years of trading, investment banking, international investment and market experience. He has held positions with global investment banks in Hong Kong, New York and Sydney including JPMorgan, Banque Nationale de Paris and Prudential Securities. Mr Egerton-Warburton is an experienced company director and is currently also the Managing Director of Eneabba Gas Limited (ASX:ENB) and a Non-Executive Director of iSignthis Limited (ASX:ISX) and Global Geo Science (ASX: GSC).

Corporate activities

The directors of the Company now intend to investigate opportunities from within and outside the oil and gas sector. As announced on 18 April 2016, the Company has executed a corporate advisory mandate with Cygnet Capital Pty Limited (Cygnet Capital). Pursuant to the mandate Cygnet Capital will assist the Company with the identification and introduction of new business opportunities.

Following the disposal of the Company's main undertaking the Company has a 6 month period in which to comply with ASX Listing Rule 12.1, in that the Company's operations, must in ASX's opinion be adequate to warrant quotation and continued listing.

INTERPOSE HOLDINGS LIMITED

Change of Name

As announced 11 August the company has changed its name to "Interpose Holdings Limited". Shareholder approval for the change was obtained at the General Meeting held on 9 June 2016.

The Australian Securities and Investments Commission (ASIC) recorded the name change on 1 August 2016.

From commencement of trade on or about 12 August 2016 the Company began trading under the name of "Interpose Holdings Limited" and the ASX Code of IHS.

Non-Renounceable Rights Issue

As announced 23 September 2016 the company carried out a non-renounceable rights issue, to issue 1 new fully paid ordinary share for every 2 fully paid ordinary shares held on the records date at \$0.02. The rights issue was to issue up to a total of 42,296,064 new shares and raise up to \$845,921 (subject to no options being exercised). The rights issue offer document was released 23 September 2016 and the offer closed 19 October 2016.

Post reporting period the company announced on 24 October that a total of 19,054,402 entitlement shares were applied for and a further 17,025,443 Shortfall shares were applied for. The company will seek to place the remaining shortfall shares and issue the shortfall shares within 3 months of the date of close.

Release of Full Year Accounts

The company released full year audited accounts on 3 October 2016.

** ENDS **

For further information please visit contact:

Marcus Gracey Director Tel: (08) 9463 3260

Appendix 5B

Mining exploration entity and oil and gas exploration entity quarterly report

Name of entity

Interpose Holdings Ltd (formerly Sunbird Energy Ltd)

Quarter ended ("current quarter")

ABN

21 150 956 773 30 September 2016

Con	solidated statement of cash flows	Current quarter \$A'000	Year to date (3 months) \$A'000
1.	Cash flows from operating activities		
1.1	Receipts from customers	-	-
1.2	Payments for		
	(a) exploration & evaluation	-	-
	(b) development	-	-
	(c) production	-	-
	(d) staff costs	-	-
	(e) administration and corporate costs	(319)	(319)
1.3	Dividends received (see note 3)	-	-
1.4	Interest received	1	1
1.5	Interest and other costs of finance paid	-	-
1.6	Income taxes paid	-	-
1.7	Research and development refunds	-	-
1.8	Other (provide details if material)	-	-
1.9	Net cash from / (used in) operating activities	(318)	(318)

2.	Cash flows from investing activities		
2.1	Payments to acquire:		
	(a) property, plant and equipment	-	
	(b) tenements (see item 10)	-	
	(c) investments	-	
	(d) other non-current assets	-	
2.2	Proceeds from the disposal of:		
	(a) property, plant and equipment	-	

⁺ See chapter 19 for defined terms

¹ September 2016

Con	solidated statement of cash flows	Current quarter \$A'000	Year to date (3 months) \$A'000
	(b) tenements (see item 10)	-	-
	(c) investments	-	-
	(d) other non-current assets	802	802
2.3	Cash flows from loans to other entities	-	-
2.4	Dividends received (see note 3)	-	-
2.5	Other (provide details if material)	-	-
2.6	Net cash from / (used in) investing activities	802	802

3.	Cash flows from financing activities		
3.1	Proceeds from issues of shares	-	-
3.2	Proceeds from issue of convertible notes	-	-
3.3	Proceeds from exercise of share options	-	-
3.4	Transaction costs related to issues of shares, convertible notes or options	-	-
3.5	Proceeds from borrowings	-	-
3.6	Repayment of borrowings	-	-
3.7	Transaction costs related to loans and borrowings	-	-
3.8	Dividends paid	-	-
3.9	Other (provide details if material)	-	-
3.10	Net cash from / (used in) financing activities	-	-

4.	Net increase / (decrease) in cash and cash equivalents for the period		
4.1	Cash and cash equivalents at beginning of period	238	238
4.2	Net cash from / (used in) operating activities (item 1.9 above)	(318)	(318)
4.3	Net cash from / (used in) investing activities (item 2.6 above)	-	-
4.4	Net cash from / (used in) financing activities (item 3.10 above)	802	802
4.5	Effect of movement in exchange rates on cash held	-	-
4.6	Cash and cash equivalents at end of period	722	722

5.	Reconciliation of cash and cash equivalents at the end of the quarter (as shown in the consolidated statement of cash flows) to the related items in the accounts	Current quarter \$A'000	Previous quarter \$A'000
5.1	Bank balances	3	238
5.2	Call deposits	719	-
5.3	Bank overdrafts	-	-
5.4	Other (provide details)	-	-
5.5	Cash and cash equivalents at end of quarter (should equal item 4.6 above)	722	238

6.	Payments to directors of the entity and their associates	Current quarter \$A'000
6.1	Aggregate amount of payments to these parties included in item 1.2	42
6.2	Aggregate amount of cash flow from loans to these parties included in item 2.3	-
6.3	Include below any explanation necessary to understand the transaction items 6.1 and 6.2	ons included in
Directo	ors fees	
7.		
	Payments to related entities of the entity and their associates	Current quarter \$A'000
7.1	· · · · · · · · · · · · · · · · · · ·	· •
	associates	· •
7.1	associates Aggregate amount of payments to these parties included in item 1.2 Aggregate amount of cash flow from loans to these parties included	\$A'000 - -

8.	Financing facilities available Add notes as necessary for an understanding of the position	Total facility amount at quarter end \$A'000	Amount drawn at quarter end \$A'000
8.1	Loan facilities	-	-
8.2	Credit standby arrangements	-	-
8.3	Other (please specify)	-	-

8.4 Include below a description of each facility above, including the lender, interest rate and whether it is secured or unsecured. If any additional facilities have been entered into or are proposed to be entered into after quarter end, include details of those facilities as well.

n/a	

9.	Estimated cash outflows for next quarter	\$A'000
9.1	Exploration and evaluation	
9.2	Development	
9.3	Production	
9.4	Staff costs	
9.5	Administration and corporate costs	100
9.6	Other (provide details if material)	
9.7	Total estimated cash outflows	100

10.	Changes in tenements (items 2.1(b) and 2.2(b) above)	Tenement reference and location	Nature of interest	Interest at beginning of quarter	Interest at end of quarter
10.1	Interests in mining tenements and petroleum tenements lapsed, relinquished or reduced	South Africa Mopane Springbok Flats Springbok Flats West Ibhubesi	ER* ER* TCP* PR*	74% 74% 74% 76%	0% 0% 0% 0%
10.2	Interests in mining tenements and petroleum tenements acquired or increased				

^{*}ER - Exploration Right

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^{*}TCP - Technical Cooperation Permit

^{*}PR - Production Right

Compliance statement

- 1 This statement has been prepared in accordance with accounting standards and policies which comply with Listing Rule 19.11A.
- 2 This statement gives a true and fair view of the matters disclosed.

Sign here: Date: 31 October 2016

Company secretary

Print name: Richard Barker

Notes

- 1. The quarterly report provides a basis for informing the market how the entity's activities have been financed for the past quarter and the effect on its cash position. An entity that wishes to disclose additional information is encouraged to do so, in a note or notes included in or attached to this report.
- 2. If this quarterly report has been prepared in accordance with Australian Accounting Standards, the definitions in, and provisions of, AASB 6: Exploration for and Evaluation of Mineral Resources and AASB 107: Statement of Cash Flows apply to this report. If this quarterly report has been prepared in accordance with other accounting standards agreed by ASX pursuant to Listing Rule 19.11A, the corresponding equivalent standards apply to this report.
- 3. Dividends received may be classified either as cash flows from operating activities or cash flows from investing activities, depending on the accounting policy of the entity.

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