



PRESS RELEASE

January 8, 2010

CONNACHER TO PRESENT AT TD NEWCREST FORUM AND UPDATES CORPORATE PRESENTATION

CALGARY - Connacher Oil and Gas Limited (CLL-TSX) announced today that it will be presenting at the TD Newcrest London Unconventional Oil and Gas Forum 2010 on Monday, January 11, 2010 in London, England. Presenting at the conference at 9:10 AM GMT will be Mr. Pete Sametz, Chief Operating Officer and Mr. Grant Ukrainetz, Vice President, Corporate Development.

The presentation for this event is derived from the updated corporate presentation that is posted on the Connacher Oil and Gas Limited website at www.connacheroil.com.

Connacher Oil and Gas Limited is a Calgary-based crude oil, natural gas and bitumen exploration, development and production company. Its principal assets are its Great Divide Pod One and Algar SAGD oil sands projects in northeastern Alberta. Algar, Connacher's second 10,000 bbl/d oil sands project, is under construction and is targeted for completion in April 2010. Connacher also owns a 9,500 bbl/d heavy oil refinery in Great Falls, Montana and a 22% equity stake in Petrolifera Petroleum Limited, a crude oil and natural gas exploration and production company active in Argentina, Colombia and Peru, all in South America.

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