



PRESS RELEASE

March 30, 2010

CONNACHER UPDATES CORPORATE SLIDE PRESENTATION ON WEBSITE

CALGARY - Connacher Oil and Gas Limited (CLL-TSX) announced today that it has posted an updated corporate slide presentation on its website at www.connacheroil.com. Click on the Investor Information link and select Presentations & Webcasts.

Connacher Oil and Gas Limited is a Calgary-based exploration, development, production, refining and marketing oil company. Our major asset is our interest in the Great Divide bitumen production projects. Our Pod One 10,000 bbl/d SAGD plant is presently producing and our similar sized Algar project is nearing completion. We expect it to be commissioned in May 2010. We also own conventional crude oil and natural gas production in Western Canada, own and operate a 9,500 bbl/d heavy oil refinery located at Great Falls, Montana and maintain an approximate 20 percent equity stake in Petrolifera Petroleum Limited, a public oil company active in Argentina, Peru and Colombia in South America. Our common shares and our outstanding convertible debentures are listed for trading on the Toronto Stock Exchange.

For further information:

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