



December 9, 2004

Connacher announces management promotions and appointments

CALGARY, AB - Connacher Oil and Gas Limited is pleased to announce that its board of directors has approved the following appointments: Mr. Peter D. Sametz to the position of Executive Vice President and Chief Operating Officer; Mr. Richard R. Kines to the position of Vice President, Finance and Chief Financial Officer; and Mr. Timothy J. O'Rourke to the position of Vice President, Oil Sands Operations.

Mr. Sametz joined Connacher in February, 2004 in the position of Vice President, Operations. He is an Engineer by training and since joining the company has contributed to its restructuring and redirection, with an increasing emphasis on the company's Great Divide oil sands project. He has extensive experience in heavy oil, oil sands, horizontal drilling and enhanced oil recovery projects as well as in conventional oil and natural gas operations. He will continue to report to the President and Chief Executive Officer while assuming overall responsibility for the company's operations.

Mr. O'Rourke also has extensive experience in oil and gas operations with a number of companies, including Sceptre Resources Limited and Deer Creek Energy Limited, where he was a founding shareholder prior to joining Connacher in 2002. Mr. O'Rourke was a significant contributor to the success of Sceptre's Tangleflags enhanced oil recovery project in Saskatchewan, the first in that province to employ both horizontal wells and continuous steam injection into the reservoir. While with Deer Creek he also directed a variety of operations in the oil sands. Most recently he was Connacher's Manager, Production and his experience in conventional production, horizontal drilling and SAGD applications will assist in the timely evaluation and development of the company's Great Divide project. He will continue to report to Mr. Sametz.

Mr. Kines holds a C. A. designation and has been associated with Connacher since April, 2002. He was appointed Chief Financial Officer in August, 2003. Prior thereto, Mr. Kines was in public practice for ten years and was subsequently associated in various capacities with several junior oil and natural gas production companies active in Canada and internationally. He was Chief Financial Officer of a large Canadian oil and natural gas service company immediately prior to joining Connacher, and will continue to report to the President of Connacher in his expanded role.

These promotions and advancements are in recognition of the contributions made by these individuals to Connacher's recent progress and financial strengthening. They position the company to effectively advance its capital program to develop its conventional and oil sands assets in the immediate future and over the longer term.

For further information:

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