



PRESS RELEASE

July 9, 2010

**Connacher to Participate in RBC Capital Markets Stampede Energy Roundtable 2010, Raymond James Stampede Conference and TD Newcrest Unconventional Oil and Gas Forum in Calgary During Week of July 12, 2010**

Calgary, Alberta - Connacher Oil and Gas Limited (CLL-TSX) announced today that it will be participating in the RBC Capital Markets Energy Stampede Roundtable 2010 being held in Calgary, Alberta on Monday, July 12, 2010. Mr. Richard Gusella, Chairman and Chief Executive Officer, will be participating in an oil sands panel discussion at approximately 12:00 PM MT.

Connacher will also be participating in the Raymond James Stampede Conference being held in Calgary, Alberta on Wednesday, July 14, 2010. The company's presentation will be given by Mr. Peter Sametz, President and Chief Operating Officer and Grant Ukrainetz, Vice President, Corporate Development at 11:00 AM MT.

On Thursday, July 15, 2010, the company will be a participant in the TD Newcrest Unconventional Oil and Gas Forum. Mr. Richard Gusella, Chairman and Chief Executive Officer will be presenting at 10:05 AM MT.

The presentations for these events are derived from the corporate presentation currently posted on Connacher's website at [www.connacheroil.com](http://www.connacheroil.com).

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 Pod One and Algar bitumen production projects. Our common shares (CLL – TSX) and our outstanding convertible debentures are listed for trading on the Toronto Stock Exchange.

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