



PRESS RELEASE

March 19, 2010

CONNACHER FILES YEAR END DISCLOSURE DOCUMENTS

CALGARY - Connacher Oil and Gas Limited ("Connacher" - CLL - TSX) announces that it has filed its Annual Information Form ("AIF") with Canadian securities regulatory authorities. Connacher's AIF contains reserves data and other oil and gas information for the period ended December 31, 2009, and the reports as mandated by National Instrument 51-101. Copies of the filed documents may be obtained via SEDAR at www.sedar.com or on Connacher's 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. Connacher also owns conventional crude oil and natural gas production in western Canada, 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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