

**Mediterranean Oil & Gas Plc**  
**("the Company")**

12 March 2010

**Grant of options**

The Board of Mediterranean Oil & Gas Plc (AIM: MOG) is pleased to announce it has authorised the award of options over a total of 755,000 ordinary shares. Of these, 400,000 options are for employees and 355,000 are for directors of the Company. The options have an exercise price of 45 pence and are exercisable between the first and fifth anniversaries of the date on which the options were granted, being 11 March 2010.

The grant of options to directors is as follows:-

	New options granted	Total number of options now held
Michael Bonte-Friedheim	100,000	400,000
Sergio Morandi	165,000	1,015,000
Chris Kelsall	90,000	90,000

**Enquiries:**

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