

15 September 2006

Mediterranean Oil and Gas Plc
Appointment of Non-Executive Chairman

Mediterranean Oil and Gas Plc ("MOG" or "the Company"), the AIM quoted oil and gas exploration and production company with a portfolio of assets in countries in the Mediterranean region, announces the appointment of Michael F.H. Bonte-Friedheim as its Non-Executive Chairman with immediate effect.

Michael Bonte-Friedheim (39) has been a Non-Executive Director of MOG since June 2006. Previously, he was a Managing Director in the investment banking division of Goldman Sachs, focusing on the electricity, gas and utility sectors in Europe. He holds an MBA from INSEAD. Mr Bonte-Friedheim has also been appointed to the Company's remuneration and audit committees.

Mr David Lenigas, the Non-Executive Chairman, will continue as a Non-Executive Director of MOG, whilst focusing on his other board directorships within the natural resources arena.

The detailed terms of Mr Bonte-Friedheim's appointment will be finalised in the next few days.

Giovanni Catalano, Chief Executive of MOG commented:

"We are delighted that Michael has agreed to become our Chairman. He is extremely experienced within the European Energy sectors and brings us a leading financial skill set. His expertise will be invaluable to MOG as it looks to develop into a significant oil and gas player in the Mediterranean area."

Michael Bonte-Friedheim, Non-Executive Chairman of MOG commented:

"I would like to thank David Lenigas for his stewardship of the Company as Non-Executive Chairman which commenced when MOG floated on AIM in November 2005. His on-going support and wealth of knowledge will continue to be very important to the Board."

MOG has all the key fundamentals in place to become a uniquely positioned oil and gas company within the Mediterranean region; a highly experienced management team, plus ownership of some very attractive production, development and exploration assets. I look forward to working with the Board to achieve its ambitious plans."

[Date]

For enquiries, please contact:

Mediterranean Oil & Gas

Giovanni Catalano
Chief Executive Officer

Tony Trevisan
Executive Director

Tel: +39 06 47 45 756
Mob: +39 339 8769 586
Email: gcatalano@medoilgas.com
Tel: +61 89 321 5922
Mob: +61 418 921 634
Email: aatrevisan@transrg.com.au

Pelham Public Relations

Charles Vivian

Tel: +44 (0)20 7743 6672

Email: charles.vivian@pelhampr.com

Philip Dennis

Tel: +44 (0)20 7743 6363

Email: philip.dennis@pelhampr.com

WH Ireland

Philip Haydn-Slater

Tel : +44 (0)20 7220 1666

Email : phs@wh-ireland.co.uk

Paul Dudley

Tel : +44 (0)20 7220 1666

Email : paul.dudley@wh-ireland.co.uk

Notes to Editors:

Michael F. H. Bonte-Friedheim (Non-Executive Chairman)

Mr Bonte-Friedheim (39) has an MBA from INSEAD, and has over 15 years experience within banking. Since 2003 he was a Managing Director of Goldman Sachs's investment banking division focusing on the European electricity, gas and utility sectors. He left Goldman Sachs in August 2006.