

2 July 2010

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

Ombrina Mare update

The Company advises that on 30th June, the Italian Minister of Environment announced an outline legislative decree amending the Italian Environmental Code which will, among other things, prohibit drilling in Italian offshore locations within 5 miles of the coastline.

Once the decree comes into force, it may apply to permit applications currently pending and may apply to the Company's Ombrina Mare project. MOG will continue to monitor the position closely.

The Ombrina Mare reservoir structure is located within the proposed 5 mile exclusion zone. MOG is reviewing alternative potential well locations outside the 5 mile exclusion zone in case the legislative decree applies to the current platform at Ombrina Mare.

Sergio Morandi, Chief Executive of MOG, commented:

"The Company will carefully analyse the text of the decree once it is published and will update the market when the implications have been assessed.

MOG will continue to work closely with environmental and local authorities and the Italian Government, to progress the Ombrina Mare project."

Enquiries:

Mediterranean Oil & Gas Plc	
Sergio Morandi, CEO	Tel: +39 (0) 668 8941
Chris Kelsall, Finance Director	Tel: +44 (0) 789 1040 658

WH Ireland Limited	
James Joyce	Tel: +44 (0) 207 220 1666

Ambrian Partners Limited	
Richard Swindells	Tel: +44 (0) 207 634 4856

College Hill	
Nick Elwes	Tel: +44 (0) 207 457 2020