



19 November 2010

Symposium Resources Roadshow

Pryme Oil and Gas Limited will be presenting our latest investor update at the Symposium Resources Roadshow being held in Sydney on Tuesday 23rd of November and Melbourne on Wednesday 24th of November 2010.

For further information about the Roadshow and to register for this free event visit the Symposium website at www.symposium.net.au.

We look forward to seeing you in person and updating you on our projects during the Resources Roadshow in particular the drilling of the Deshotels 20-H No.1 well in the Turner Bayou Chalk project.

For further information please contact:

Justin Pettett
Managing Director
Pryme Oil and Gas Limited
Telephone: +61 7 3371 1103

Ryan Messer
Chief Operating Officer
Pryme Oil and Gas Limited
Telephone: +1 713 401 9806

Website: www.prymeoilandgas.com

ASX Code: PYM

OTCQX Code: POGLY

Pryme Oil and Gas Limited is an Australian oil and natural gas producer and explorer with interests in the Gulf States of the U.S. The company has oil and gas exploration projects focused on Louisiana, the fifth-largest oil-producing state in the U.S. These projects are funded in part by existing cash flow. Pryme's board of directors and management team has over 100 years of energy industry experience and has uniquely focused local knowledge, underscored by the proven track records of its managers and directors. Directors of the company are George Lloyd (Non-Executive Chairman), Justin Pettett (Managing Director) and Ryan Messer (Executive Director) and Greg Short (Non-Executive Director).