



CANADIAN OVERSEAS PETROLEUM LIMITED

Canadian Overseas Petroleum Files Reserves Information

Calgary, Canada, March 29, 2012 – Canadian Overseas Petroleum Limited (“COPL” or the “Company”) (TSX-V: XOP) has filed its reserves data and other oil and gas information for the year ended December 31, 2011 as mandated by National Instrument 51-101 *Standards of Disclosure for Oil and Gas Activities*. The report has been filed as one document with the Company’s Annual Information Form. The reserves data can be viewed at www.sedar.com or on the Company’s website at www.canoverseas.com.

About the Company

COPL is an oil and gas exploration company focused in the UK North Sea, and the offshore Liberian continental margin. COPL’s Common Shares are listed under the symbol “XOP” on the TSX Venture Exchange.

Forward Looking Statements

This press release may contain forward-looking statements based on COPL’s current expectations and assumptions as to a number of factors including weather, regulatory approvals and general economic and industry conditions. If those expectations and assumptions prove to be incorrect, or factors change, then actual results could differ materially from the forward-looking statements contained in this press release.

Generally, statements included in this press release that address activities, events or developments that COPL expects, believes or anticipates will or may occur in the future are forward-looking statements. Such forward-looking statements involve substantial known and unknown risks and uncertainties, certain of which are beyond COPL’s control, including: the impact of general economic conditions in the areas in which COPL operates, civil unrest, industry conditions, changes in laws and regulations including the adoption of new environmental laws and regulations and changes in how they are interpreted and enforced, increased competition, the lack of availability of qualified personnel or management, fluctuations in commodity prices, foreign exchange or interest rates, stock market volatility and obtaining required approvals of regulatory authorities. In addition there are risks and uncertainties associated with the oil and gas industry, therefore COPL’s actual results, performance or achievement could differ materially from those expressed in, or implied by, these forward-looking statements will transpire or occur, or if any of them do so, what benefits, including the amounts of proceeds, which COPL will derive therefrom. Such statements are based on assumptions made by COPL based on its experience perception of historical trends, current conditions, expected future developments and other factors it believes are appropriate in the circumstances.



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Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.