

Canadian Overseas Petroleum Files First Quarter Results

Calgary, Canada, May 20, 2011 – Canadian Overseas Petroleum Limited ("COPL" or the "Company") (XOP: TSX-V) announces its first quarter results for the three months ended March 31, 2011. The Interim Financial Statements and Management's Discussion and Analysis for the first quarter can be viewed at on the company's website at www.canoverseas.com or on SEDAR at www.sedar.com under the COPL listing.

About the Company

COPL is an oil and gas exploration company focused in the UK North Sea, and the offshore West African and Brazilian Continental margins. COPL's Common Shares are listed under the symbol "XOP" on the TSX Venture Exchange.

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