

Canadian Overseas Petroleum Receives Exclusivity Letter

Calgary, Canada, September 30, 2010 – Canadian Overseas Petroleum Limited (“COPL” or “the Company”) (TSX-V: XOP), has made a proposal to farm into several prospects in Block 23/21 in the UK Central North Sea. The Company has received a Letter of Exclusivity from a third party which grants COPL exclusivity over the prospects until November 30, 2010 to raise financing. In addition to the prospects in Block 23/21, the Exclusivity Letter also refers to prospects in Block 22/15 for which negotiations continue.

About the Company

COPL’s shares are listed for trading on the TSX Venture Exchange (TSX-V) under the symbol “XOP”.

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 access to capital, regulatory approvals, intended acquisitions 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.

For Further Information Please Contact:

Mr. Arthur Millholland, President and CEO

Phone: 403.262.5441

Or,

Rob Elgie, Manager of Investor Relations

Phone: 403.262.5441

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