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ASX Release

Date: 25 March 2014

Appointment and Resignation of Directors and Company Secretary

Tamaska Oil and Gas Ltd (ASX: TMK) is pleased to announce the appointment of Mr Mark Freeman as Non-Executive Director of the Company effective 24 March 2014.

Mr Freeman is a Chartered Accountant and has more than 14 years' experience in corporate finance and the resources industry specifically in the oil and gas sector. He has experience in strategic planning, business development, acquisitions and mergers, gas commercialisation, and project development general management.

Prior and current experience with Grand Gulf Energy Ltd, Macro Energy Ltd, Quest Petroleum NL, Golden Gate Petroleum Ltd, Exco Resources NL, Panoramic Resources Ltd and Matra Petroleum plc. In addition, Mr Freeman is a graduate of the University of Western Australia with a Bachelor of Commerce with a double major in Banking & Finance and Accounting as well as holding a Graduate Diploma in Applied Finance with a major in Investment Analysis from the Securities Institute of Australia

The Board would also like to confirm Board member Mr Brian Ayers has resigned as Non-Executive Director effective 24 March 2014. The Board wishes to express its appreciation to Mr Ayers for his commitment to the role over the past six years. Mr Ayers will continue to act as a consultant to the Company.

Ms Sylvia Moss has been appointed as Company Secretary effective 24 March 2014, Ms Moss is a qualified Accountant with over 10 years experience in the mining sector in Australia and overseas and holds a Bachelor of Accounting degree from University of South Africa.

Following the appointment, the Board accepted Ms Rachel Jelleff's resignation as Company Secretary of the Company on 24 March 2014. The Board would like to thank Ms Jelleff for her dedication over the previous three years and wish her the best with all future endeavors.

The relevant Appendix 3x and 3z's are attached.

For and on behalf of the Board

Alexander Parks
Managing Director
Tamaska Oil & Gas Limited

Appendix 3X

Initial Director's Interest Notice

Information or documents not available now must be given to ASX as soon as available. Information and documents given to ASX become ASX's property and may be made public.

Introduced 30/9/2001.

Name of entity	Tamaska Oil & Gas Limited
ABN	66 127 735 442

We (the entity) give ASX the following information under listing rule 3.19A.1 and as agent for the director for the purposes of section 205G of the Corporations Act.

Name of Director	Mark Freeman
Date of appointment	24 March 2014

Part 1 - Director's relevant interests in securities of which the director is the registered holder

In the case of a trust, this includes interests in the trust made available by the responsible entity of the trust

Note: In the case of a company, interests which come within paragraph (i) of the definition of "notifiable interest of a director" should be disclosed in this part.

Number & class of securities
148,500,000 Listed Options exercisable at \$0.005 each expiring 17 August 2015

+ See chapter 19 for defined terms.

Appendix 3X

Initial Director's Interest Notice

Part 2 – Director's relevant interests in securities of which the director is not the registered holder

In the case of a trust, this includes interests in the trust made available by the responsible entity of the trust

Name of holder & nature of interest <small>Note: Provide details of the circumstances giving rise to the relevant interest.</small>	Number & class of Securities
	N/A

Part 3 – Director's interests in contracts

Note: In the case of a company, interests which come within paragraph (ii) of the definition of "notifiable interest of a director" should be disclosed in this part.

Detail of contract	N/A
Nature of interest	
Name of registered holder (if issued securities)	
No. and class of securities to which interest relates	

+ See chapter 19 for defined terms.

Appendix 3Z

Final Director's Interest Notice

Information or documents not available now must be given to ASX as soon as available. Information and documents given to ASX become ASX's property and may be made public.

Introduced 30/9/2001.

Name of entity	Tamaska Oil & Gas Limited
ABN	66 127 735 442

We (the entity) give ASX the following information under listing rule 3.19A.3 and as agent for the director for the purposes of section 205G of the Corporations Act.

Name of director	Brian Ayers
Date of last notice	18 January 2012
Date that director ceased to be director	24 March 2014

Part 1 – Director's relevant interests in securities of which the director is the registered holder

In the case of a trust, this includes interests in the trust made available by the responsible entity of the trust

Note: In the case of a company, interests which come within paragraph (i) of the definition of "notifiable interest of a director" should be disclosed in this part.

Number & class of securities
2,000 Shares
30,000,000 Listed Options exercisable at \$0.005 each expiring 17 August 2015

+ See chapter 19 for defined terms.

Appendix 3Z

Final Director's Interest Notice

Part 2 – Director's relevant interests in securities of which the director is not the registered holder

Note: In the case of a company, interests which come within paragraph (ii) of the definition of "notifiable interest of a director" should be disclosed in this part.

In the case of a trust, this includes interests in the trust made available by the responsible entity of the trust

Name of holder & nature of interest Note: Provide details of the circumstances giving rise to the relevant interest	Number & class of securities
	N/A

Part 3 – Director's interests in contracts

Detail of contract	N/A
Nature of interest	N/A
Name of registered holder (if issued securities)	N/A
No. and class of securities to which interest relates	N/A

+ See chapter 19 for defined terms.