

Company Announcements Office Australian Securities Exchange 20 Bridge Street Sydney NSW 2000 5 February 2010

Dear Sir.

Pryme Oil and Gas Limited (Pryme) (ASX Code PYM) Issue of securities

Please find attached an Appendix 3B in respect of the issue of 1,106,855 Performance Rights (PRs)/Restricted Stock Units (RSUs) to executives, together with Change of Directors' Interests Notices. The performance conditions of these PRs/RSUs have been satisfied and subject to continued employment with Pryme, 50% of the above PRs/RSUs will vest on 1 January 2011 and the balance 50% will vest on 1 January 2012.

Further, Pryme wishes to announce that it will seek shareholder approval at the 2010 Annual General Meeting for grant of a maximum of 3,862,004 PRs/RSUs under the 2010 Long Term Incentive Plan (2010 LTIP) to executives, further details of which will be given in the Notice of the 2010 Annual General Meeting.

For further information, please contact

Justin Pettett
Managing Director
Pryme Oil and Gas Limited
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Email: justin@prymeoilandgas.com

Ryan Messer Chief Operating Officer Pryme Oil and Gas Limited Telephone: +1 703 401 9806 Email: ryan@prymeoilandgas.com

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).

Rule 2.7, 3.10.3, 3.10.4, 3.10.5

Appendix 3B

New issue announcement, application for quotation of additional securities and agreement

	now must be given to ASX as soon as available become ASX's property and may be made public.
ı: Appendix 5. Amended 1,	/7/98, 1/9/99, 1/7/2000, 30/9/2001, 11/3/2002, 1/1/2003, 24/10/2009
mited	
ASX the following in	formation.
he relevant sections (a	attach sheets if there is not enough space).
curities issued or to	Performance Rights (PRs)/Restricted Stock Units (RSUs) convertible into ordinary shares in the capital of Pryme on a one for one basis.
d (if known) or	1,106,855 PRs/RSUs
if partly paid the amount and due dates for if +convertible conversion price	Subject to continued employment with Pryme, 50% PRs/RSUs will vest on 1 January 2011 and the balance 50% will vest on 1 January 2012. The PRs/RSUs are personal to the issuee and may not be traded, sold or transferred.
	aments given to ASX in Appendix 5. Amended in the relevant sections (a curities issued or to d (if known) or mber which may be as of the *securities, exercise price and if partly paid the amount and due dates for

⁺ See chapter 19 for defined terms.

4 Do the *securities rank equally in all respects from the date of allotment with an existing *class of quoted *securities?

If the additional securities do not rank equally, please state:

- the date from which they do
- the extent to which they participate for the next dividend, (in the case of a trust, distribution) or interest payment
- the extent to which they do not rank equally, other than in relation to the next dividend, distribution or interest payment

No. The PRs/RSUs are issued as part of the Long Term Incentive Plan and subject to continued employment, 50% of the PRs/RSUs will convert to ordinary shares on 1 January 2011 and the balance of 50% will convert to ordinary shares on 1 January 2012.

The PRs/RSUs will not rank equally with an existing class of quoted securities.

The PRs/RSUs will not participate for the next dividend.

The PRs/RSUs do not have voting rights attaching and will not participate in dividends.

5	Issue	price	or	consideration
)	ibbac	Price	OI	constactation

Nil consideration

6 Purpose of the issue (If issued as consideration for the acquisition of assets, clearly identify those assets) Granted as part of remuneration

- 7 Dates of entering *securities into uncertificated holdings or despatch of certificates
- 8 Number and +class of all +securities quoted on ASX (*including* the securities in clause 2 if applicable)

Number	⁺ Class
178,801,337	Ordinary Shares

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⁺ See chapter 19 for defined terms.

9	Number	and	+class	of	all
	+securitie	s not	quoted	on A	ASX
	(including	the	secur	ities	in
	clause 2 if	applic	cable)		

Number	+Class
500,000	\$0.15 Options expiring
	20 January 2012
	Performance
1,106,855	Rights/Restricted Stock Units

Dividend policy (in the case of a trust, distribution policy) on the increased capital (interests)



- Items 11 to 42 have been deleted -

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⁺ See chapter 19 for defined terms.

Quotation agreement

- ⁺Quotation of our additional ⁺securities is in ASX's absolute discretion. ASX may quote the ⁺securities on any conditions it decides.
- 2 We warrant the following to ASX.
 - The issue of the ⁺securities to be quoted complies with the law and is not for an illegal purpose.
 - There is no reason why those +securities should not be granted +quotation.
 - An offer of the *securities for sale within 12 months after their issue will not require disclosure under section 707(3) or section 1012C(6) of the Corporations Act.

Note: An entity may need to obtain appropriate warranties from subscribers for the securities in order to be able to give this warranty

- Section 724 or section 1016E of the Corporations Act does not apply to any applications received by us in relation to any *securities to be quoted and that no-one has any right to return any *securities to be quoted under sections 737, 738 or 1016F of the Corporations Act at the time that we request that the *securities be quoted.
- If we are a trust, we warrant that no person has the right to return the
 +securities to be quoted under section 1019B of the Corporations Act at the
 time that we request that the +securities be quoted.
- We will indemnify ASX to the fullest extent permitted by law in respect of any claim, action or expense arising from or connected with any breach of the warranties in this agreement.
- We give ASX the information and documents required by this form. If any information or document not available now, will give it to ASX before ⁺quotation of the ⁺securities begins. We acknowledge that ASX is relying on the information and documents. We warrant that they are (will be) true and complete.

Sign here: Date: 05.02.2010

(Director/Company secretary)

Print name: Justin Pettett

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⁺ See chapter 19 for defined terms.

Rule 3.19A.2

APPENDIX 3Y

CHANGE OF 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 PRYME OIL AND GAS LIMITED	
ABN 75 117 387 354	

We (the entity) give ASX the following information under listing rule 3.19A.2 and as agent for the director for the purposes of section 205G of the Corporations Act.

Name of Director	Justin Pettett
Date of last notice	8 October 2009

Part 1 - Change of director's relevant interests in securities

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.

Direct or indirect interest	Direct
Nature of indirect interest (including registered holder) Note: Provide details of the circumstances giving rise to the relevant interest.	-
Date of change	4 February 2010
No. of securities held prior to change	Ordinary Shares 1. 3,225,000 – Pettett Pty Ltd 2. 436,000 – Mr Justin Pettett and Mrs Kathryn Pettett <pettett a="" c="" f="" s=""></pettett>
Class	Performance Rights (PRs)
Number acquired	515,936
Number disposed	Nil
Value/Consideration Note: If consideration is non-cash, provide details and estimated valuation	Nil

⁺ See chapter 19 for defined terms.

No. of securities held after change	Ordinary Shares 1. 3,225,000 – Pettett Pty Ltd 2. 436,000 – Mr Justin Pettett and Mrs Kathryn Pettett <pettett a="" c="" f="" s=""></pettett>
	Performance Rights (PRs) 515,936 PRs convertible into ordinary shares in the capital of Pryme on a one for one basis; subject to continued employment with Pryme, 50% of the PRs will vest on 1 January 2011 and the balance 50% will vest on 1 January 2011 – Direct
Nature of change Example: on-market trade, off-market trade, exercise of options, issue of securities under dividend reinvestment plan, participation in buy-back	PRs granted under the 2009 Long Term Incentive Plan as part of remuneration.

Part 2 – Change of 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	-
Nature of interest	-
Name of registered holder (if issued securities)	-
Date of change	-
No. and class of securities to which interest related prior to change Note: Details are only required for a contract in relation to which the interest has changed	-
Interest acquired	-
Interest disposed	-
Value/Consideration Note: If consideration is non-cash, provide details and an estimated valuation	-
Interest after change	-

⁺ See chapter 19 for defined terms.

Rule 3.19A.2

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Introduced 30/9/2001.

Name of entity	PRYME OIL AND GAS LIMITED
ABN 75 117 387	7 354

We (the entity) give ASX the following information under listing rule 3.19A.2 and as agent for the director for the purposes of section 205G of the Corporations Act.

Name of Director	Timothy Ryan Messer
Date of last notice	9 October 2009

Part 1 - Change of director's relevant interests in securities

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.

Direct or indirect interest	Direct
Nature of indirect interest (including registered holder) Note: Provide details of the circumstances giving rise to the relevant interest.	-
Date of change	4 February 2010
No. of securities held prior to change	Ordinary Shares 2,506,925 – Sourcerock Investments LLC American Depository Receipts 555 (equivalent to 11,100 Ordinary shares) – Sourcerock Investments LLC
Class	Restricted Stock Units (RSUs)
Number acquired	515,936
Number disposed	-
Value/Consideration Note: If consideration is non-cash, provide details and estimated valuation	Nil

⁺ See chapter 19 for defined terms.

No. of securities held after change	Ordinary Shares 2,506,925 – Sourcerock Investments LLC American Depository Receipts 555 (equivalent to 11,100 Ordinary shares) – Sourcerock Investments LLC Restricted Stock Units (RSUs) 515,936 RSUs convertible into ordinary shares in the capital of Pryme on a one for one basis; subject to continued employment with Pryme, 50% of the RSUs will vest on 1 January 2011 and the balance 50% will vest on 1 January 2011 – Direct
Nature of change Example: on-market trade, off-market trade, exercise of options, issue of securities under dividend reinvestment plan, participation in buy-back	RSUs granted under the 2009 Long Term Incentive Plan as part of remuneration

Part 2 – Change of 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.

75 (17 0)	
Detail of contract	-
Nature of interest	-
Titular of microsc	
Name of registered holder	-
(if issued securities)	
(II issued seedi tites)	
Date of change	_
2 400 01 01141190	
No. and class of securities to which	-
interest related prior to change	
Note: Details are only required for a contract in relation to which the interest has changed	
which the interest has changed	
Interest consined	
Interest acquired	-
Interest disposed	-
Value/Consideration	-
Note: If consideration is non-cash, provide details and an	
estimated valuation	
Interest after change	-
mor our arror change	

⁺ See chapter 19 for defined terms.