

Cinch Files Its Annual Information Form

Calgary, March 22, 2010 - Cinch Energy Corp. ("Cinch" or "the Company") (TSX:CNH) today filed its Annual Information Form which includes the Company's reserves data and other oil and gas information for the year ended December 31, 2009 as mandated by National Instrument 51-101 Standards of Disclosure for Oil and Gas Activities of the Canadian Securities administrators. Copies of Cinch's Annual Information Form may be obtained on www.sedar.com.

Cinch Energy Corp. is a junior oil and gas company with core assets in West Central Alberta and North East British Columbia. Cinch plans to grow through a combination of exploration and development drilling combined with strategic property and corporate acquisitions to become a leading intermediate sized producer.

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