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NAL OIL & GAS TRUST FILES YEAR-END DISCLOSURE DOCUMENTS

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CALGARY / Marketwire / NAL Oil & Gas Trust ("NAL" or the "Trust") (**TSX: NAE.UN**) today filed with Canadian securities authorities its Annual Information Form ("AIF") for the year ended December 31, 2009 on the System for Electronic Document Analysis and Retrieval ("SEDAR"). The AIF contains the annual disclosure and reports relating to reserves data and other oil and gas information required pursuant to National Instrument 51-101 *Standards of Disclosure for Oil and Gas Activities* (Forms 51-101F1, F2 and F3).

NAL also filed its audited consolidated annual financial statements for the year ended December 31, 2009 and related Management's Discussion and Analysis. Copies of these filed documents may be obtained at www.sedar.com, the Trust's website at www.nal.ca, or by sending an email request to investor.relations@nal.ca.

NAL Oil & Gas Trust provides investors with a yield-oriented opportunity to participate in the Canadian Upstream Conventional Oil and Gas Industry. The Trust generates monthly cash distributions for its Unitholders by pursuing a strategy of acquiring, developing, producing and selling crude oil, natural gas and natural gas liquids from pools in southeastern Saskatchewan, central Alberta, northeastern British Columbia and Lake Erie, Ontario. Trust units trade on the Toronto Stock Exchange under the symbol "NAE.UN".

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