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FIRST WOLFBERRY WELL SPUDED

VANCOUVER, BC (November 19, 2009) – Lynden Energy Corp. (TSXV: LVL) reports that the first of three wells scheduled to be drilled in the next 90 days has been spudded on the company's recently acquired Wolfberry Project.

The first well, Harrel 34 #1, is expected to be drilled to a total depth of approximately 10,850 feet and will primarily target oil (and gas) production from the Spraberry and Wolfcamp formations, which are of Permian age and informally grouped to form the "Wolfberry" interval or zone. Secondary targets, such as the Strawn and Atoka, will also be evaluated for completion.

Typical Wolfberry wells involve completions over a 2,500 to 3,000 foot gross interval, generally located between 7,000 and 10,500 feet, drilling depth. The well is expected to take approximately 12 to 14 days to drill, followed by 8 to 10 fracture stimulation stages. There is significant infrastructure in proximity to the Harrel 34 #1, and based on completion results, the well will be immediately tied-in to production. Lynden is earning a 43.75% interest in the Harrell 34 #1 by funding 50% of the cost of the well.

The Wolfberry Project covers approximately 13,300 gross (12,063 net) acres in the Glasscock, Howard, Martin, Midland, and Sterling counties of West Texas. Lynden's interest in the project ranges from 21.875% to 47.5%. The leases are contained within five prospect areas around which five areas of mutual interest ("AMI") have been established.

The Wolfberry Project is operated by CrownQuest Operating LLC of Midland, Texas, an operator with extensive knowledge and experience in operating in West Texas. In the last two years, CrownQuest has drilled or participated in over 40 new wells where the completion techniques associated with Wolfberry wells have been successfully applied in areas adjacent, or in proximity, to the AMIs.

ON BEHALF OF THE BOARD OF DIRECTORS

LYNDEN ENERGY CORP.

"Colin Watt"

President and CEO

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