

NOT FOR DISTRIBUTION TO U.S. NEWSWIRE SERVICES OR FOR DISSEMINATION IN THE U.S.

FOR IMMEDIATE RELEASE

TSX Venture Exchange: PRY

**PINECREST ENERGY INC. ANNOUNCES FILING OF ITS ANNUAL INFORMATION FORM**

**October 6, 2010 – Calgary, Alberta** – Pinecrest Energy Inc. (the “Company” or “Pinecrest”) is pleased to announce that it has filed its Annual Information Form which includes Pinecrest’s statement of reserves data and other oil and gas information for the year ended July 31, 2010 together with the report on reserves data by the independent qualified reserves evaluator on Form 51-101F2 and the report of management and directors on oil and gas disclosure on Form 51-101F3 as mandated by National Instrument 51-101 – *Standards of Disclosure for Oil and Gas Activities* of the Canadian Securities Administrators. Copies of Pinecrest’s Annual Information Form may be obtained on [www.sedar.com](http://www.sedar.com) or [www.pinecrestenergy.com](http://www.pinecrestenergy.com).

For further information please contact:

**Pinecrest Energy Inc.**

Suite 500, 255 – 5<sup>th</sup> Avenue S.W.  
Calgary, Alberta T2P 3G6

Wade Becker, President and CEO  
[wbecker@pinecrestenergy.com](mailto:wbecker@pinecrestenergy.com)

or

Dan Toews, V.P. Finance & CFO  
[dtoews@pinecrestenergy.com](mailto:dtoews@pinecrestenergy.com)

Tel: (403) 817-2550 or

Fax: (403) 817-2599

**NEITHER THE TSX VENTURE EXCHANGE NOR ITS REGULATION SERVICES PROVIDER (AS THAT TERM IS DEFINED IN THE POLICIES OF THE TSX VENTURE EXCHANGE) ACCEPTS RESPONSIBILITY FOR THE ADEQUACY OR ACCURACY OF THIS RELEASE.**