



TSXV: TVE

Tamarack Valley Energy files Q2 2010 Financial Statements and MD&A

Calgary, Alberta (Marketwire – August 30, 2010) – Tamarack Valley Energy (“Tamarack” or the “Company”) has filed its Q2 2010 financial statements and management’s discussion and analysis on SEDAR. The documents are accessible on SEDAR’s website at www.sedar.com, or on Tamarack’s website at www.tamarackvalley.ca.

About Tamarack Valley Energy Ltd.

Tamarack Valley Energy is an oil and gas company involved in the identification, evaluation and operation of resource plays in the western Canadian sedimentary basin. The Company uses a rigorous, proven modeling process to carefully manage risk and identify growth opportunities and has assets in Lochend, Harmattan/Garrington and Quaich in Alberta and Montney in northeast BC.

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