



PRESS RELEASE

January 23, 2018

TORC OIL & GAS LTD. APPOINTS NEW MEMBER TO BOARD OF DIRECTORS

CALGARY, ALBERTA - TORC Oil & Gas Ltd. ("TORC" or the "Company") (TSX: TOG) is pleased to announce the appointment of Ms. Mary-Jo Case to the Company's Board effective January 23, 2018.

Ms. Case is an independent businesswoman with over 34 years of experience in the oil and gas industry, with a depth of experience in the areas of mergers, acquisitions and dispositions, negotiations, contracts, land administration, land systems and human resources. Prior to her retirement in 2015, Ms. Case was a member of the Senior Management Committee at Canadian Natural Resources Limited ("CNRL") where she was responsible for the Canadian merger and acquisition activity overseeing hundreds of acquisitions and dispositions as well as several corporate transactions. During her tenure at CNRL, Ms. Case was also responsible for the management of corporate compensation, recruiting, attrition and people strategy. Prior to joining CNRL Ms. Case held increasing roles at PanCanadian Energy /PanCanadian Petroleum Limited and Shell Canada Resources.

Ms. Case is an active member of the Canadian Association of Petroleum Landmen, a member of the Institute of Corporate Directors, a member of the Women's Executive Network and a Senior Advisor for Jupiter Resources Inc. Ms. Case holds a Diploma in Legal Office Administration from Fanshawe College.

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