

NEWS RELEASE

APRIL 19, 2010

**ATHABASCA OIL SANDS CORP. ANNOUNCES FILING OF OIL AND GAS DISCLOSURE
AND ANNUAL FINANCIAL STATEMENTS FOR THE YEAR ENDED DECEMBER 31, 2009**

Calgary, Alberta – (TSX: ATH) Athabasca Oil Sands Corp. ("**AOSC**") is pleased to announce that it has filed the information relating to AOSC's reserves data and other oil and gas information for the year ended December 31, 2009 as mandated by National Instrument 51-101 *Standards of Disclosure for Oil and Gas Activities* of the Canadian Securities Administrators.

In addition, AOSC has filed its annual financial statements and management's discussion and analysis for the year ended December 31, 2009.

These documents can be retrieved electronically from the SEDAR system by accessing AOSC's public filings at www.sedar.com.

About Athabasca Oil Sands Corp.

AOSC is an Alberta corporation focused on the sustainable development of oil sands resources in the Athabasca region of northeastern Alberta, Canada.

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