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Yangarra Releases First Quarter Results

May 30, 2008 Calgary, Alberta

Yangarra Resources Ltd. ("Yangarra" or "the Company") (TSX Venture: "YAN") announces it has released its un-audited interim consolidated financial statements and related management's discussion and analysis for the fiscal first quarter ended March 31, 2008. The Company's financial statements can be viewed on SEDAR www.sedar.com or the Company website www.yangarra.ca.

During the three months ended March 31, 2008, the Company produced an average of 462 boe per day and earned an average field netback of \$33.94 per boe compared to the fourth quarter of 2007 which produced 362 boe per day and earned an average field netback of \$32.06. The resulting increase in net petroleum and natural gas revenues contributed to the improvement in cash flows from operations which were \$944,104 for the first quarter of 2008 compared to \$594,704 for three months ended December 31, 2007.

In Medicine Hat, a review of the shallow tight gas horizons has reinforced the Company's view that this area, consisting of 85 sections (net to the Company), is a major resource play. Technological advancements in completion and fracing techniques, coupled with downspacing to eight wells per section and rationalization of the gathering systems, will increase the ultimate recoveries by a significant margin. Yangarra's initial wells in the area suggested an ultimate recovery of approximately 1 bcf per section, while the next group of wells drilled by the Company indicated ultimate recoveries of 1.5 bcf per section. Management is of the view that the Company can further increase these recovery levels through the use of new methodologies. Yangarra also has three development and two exploratory wells planned for the latter part of the second quarter of 2008 that target deeper horizons.

In Jaslan, a new gas pool is in the early stages of development with plans to drill two more wells into the pool early in the third quarter, with the related production expected to come on-stream in September 2008.

In Ferrier, the Cardium re-completion performed early in 2008 shows very good oil potential and continues to perform well. Follow-up locations have been selected through analysis of the Company's 3D seismic. The 41 locations the Company has identified for future drilling programs will be scheduled when capital for this area becomes available.

Management believes its plans and initiatives for 2008 will enable the Company to continue to increase reserves, reduce debt and improve its financial position.

For further information, please contact Jim Evaskevich, President and CEO at (403) 262-9558.

ADVISORY REGARDING OIL EQUIVALENT CONVERSIONS

Natural gas has been converted to a barrel of oil equivalent (Boe) using 6,000 cubic feet (6 Mcf) of natural gas equal to one barrel of oil (6:1), unless otherwise stated. The Boe conversion ratio of 6 Mcf to 1 Bbl is based on an energy equivalency conversion method and does not represent a value equivalency; therefore Boe's may be misleading if used in isolation. References to natural gas liquids ("NGLs") in this news release include condensate, propane, butane and ethane and one barrel of NGLs is considered to be equivalent to one barrel of crude oil equivalent (Boe). One ("BCF") equals one billion cubic feet of natural gas. One ("Mmcf") equals one million cubic feet of natural gas.

ADVISORY REGARDING FORWARD-LOOKING STATEMENTS

Certain information regarding Yangarra set forth in this news release, including management's assessment of future plans, operations and operational results may constitute forward-looking statements under applicable securities law and necessarily involve risks associated with oil and gas exploration, production, marketing and transportation such as loss of market, volatility of prices, currency fluctuations, imprecision of reserves estimates, environmental risks, competition from other producers and ability to access sufficient capital from internal and external sources. As a consequence, actual results may differ materially from those anticipated in the forward-looking statements.

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