



For Immediate Release

TSX-V: AOF

August 1st, 2008

CALGARY, ALBERTA - Arrow Energy Ltd. (AOF – TSX Venture Exchange) (“Arrow”)

ARROW ANNOUNCES APPOINTMENTS OF EXECUTIVE DIRECTOR AND VICE PRESIDENT

Mr. Richard Edgar reports:

Arrow energy Ltd. has appointed Richard Edgar Executive Director, overseeing all of the affairs of Arrow, to replace Chris Tesarski, who has resigned as President and Chief Executive Officer of Arrow, effective July 31, 2008. Mr. Edgar has extensive experience in the oil and gas industry, having been president of several public oil and gas companies, including Energy North Inc. and Avery Resources Inc. Arrow wishes to thank Mr. Tesarski for his service and acknowledges his significant contributions.

Sandford Gauchier, a Director of Arrow, has been appointed as Vice-President of Surface Operations of Arrow. Mr. Gauchier has extensive knowledge of the northern communities, and experience working with aboriginal and Métis settlements. Mr. Gauchier will be a great addition to Arrow, furthering its goals with respect to the exploration and development on Alberta Métis settlements and on First Nations reserves.

As part of Mr. Gauchier’s employment package, he will receive 100,000 stock options to purchase common shares of Arrow at an exercise price of 17 cents per common share effective Aug. 1, 2008, pursuant to Arrow’s stock option plan. The stock options expire July 31, 2013.

FOR FURTHER INFORMATION PLEASE CONTACT:

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Executive Director

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