



LONGBOW RESOURCES INC.

#201, 1401- 1st Street SE, Calgary, AB T2G 2J3
Tel (403) 264-4722 Fax (403) 269-5518
www.longbowenergy.com

LONGBOW RESOURCES ANNOUNCES SEDAR FILING OF NI-51-101 REPORTS

CALGARY, ALBERTA – May 1, 2007 – Longbow Resources Inc. (TSX VENTURE:LBR) (“Longbow” or “the Company”) announced today that it has completed the SEDAR filing of its December 31, 2006 year end reports related to oil and gas reserves prepared in accordance with Canadian Securities Regulators National Instrument 51-101 Standards of Disclosure for Oil and Gas Activities (“NI 51-101”). These reports, which can be accessed electronically from the SEDAR website at www.sedar.com, include Form 51-101F1 – Statement of Reserves Data and Other Oil and Gas Information, Form 51-101F2 – Report on Reserves Data by Independent Qualified Reserves Evaluator, and Form 51-101F3 – Report of Management and Directors on Oil and Gas Disclosure.

Longbow is a junior oil and natural gas company based in Calgary, Alberta with properties located in Alberta, British Columbia and Saskatchewan.

For further information, please contact:

Longbow Resources Inc.
Sean F. Kehoe
Chief Executive Officer
(403) 233-6073

Email: info@longbowenergy.com

The TSX Venture Exchange does not accept responsibility for the adequacy or accuracy of this press release.