



16 December 2009

Companies Announcement Office
Australian Securities Exchange Limited
10th Floor, 20 Bond Street
SYDNEY NSW 2000

Dear Sir,

ADVENT ENERGY PEP11 SEISMIC REPROCESSING INCLUDING COVERAGE OF PRIMARY DRILLING TARGET AREA

MEC Resources (ASX:MMR) is pleased to advise that investee company Advent Energy Ltd ("Advent") is progressing its reprocessing of 2004 2D seismic data acquired over PEP11 in the offshore Sydney Basin.

The first tranche of this work comprising one third of all seismic lines and over the key structures has been completed and received by Advent, and includes coverage of the primary drilling target area.

The reprocessing, developed by Fugro Multi-Client Services over the last six months, has shown marked improvement from the original processed data that was contaminated with strong multiple energy. The reprocessing has been successful in removing a high proportion of multiple energy, and Advent is confident that existing structures, prospects and leads from earlier interpretations have retained their integrity and remain valid.

Progressing into its intended drilling in 2010, Advent is highly encouraged by this reprocessed data that confirm the offshore Sydney Basin PEP11 is a highly prospective petroleum exploration asset. Drilling rig negotiations are continuing and are at an advanced stage. Drilling dates will be advised in due course.

Yours faithfully,

A handwritten signature in black ink, appearing to read "D. Breeze".

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About MEC Resources

ASX listed MEC Resources (ASX: MMR) invests into exploration companies targeting potentially large energy and mineral resources. The Company has been registered by the Australian Federal Government as a Pooled Development Fund enabling most MEC shareholders to receive tax free capital gains on their shares and tax free dividends.

About Advent Energy

Advent Energy Ltd is an unlisted oil and gas exploration company. Advent holds a strong portfolio of exploration and near-term production assets throughout Australia. Advent's cornerstone project lies off the coast of NSW in Petroleum Exploration Permit 11 (PEP11), and has been estimated to comprise up to 16.3 Tcf (P10 or 'high' level) prospective recoverable gas resources.

Advent Energy's wholly owned subsidiary Asset Energy Pty Ltd is increasing its interest from 25% to 85% from joint venture partner Bounty Oil and Gas (ASX:BUY) who will reduce their interest from 75% to 15%.

Notes:

In accordance with ASX listing requirements, the geological information supplied in this report has been based on information provided by geologists who have had in excess of five years experience in their field of activity.