



28 July 2017

Australian Securities Exchange
10th Floor, 20 Bridge Street
SYDNEY NSW 2000

via e-lodgement

Dear Sir/Madam

APPENDIX 4C - QUARTERLY CASH FLOW REPORT

MEC Resources Ltd (ASX: MMR, ACN 113 900 020) (“MEC” or “the Company”) is pleased to provide its Appendix 4C (Quarterly Cashflow Report) for the quarter ending 30 June 2017.

The Company is also pleased to report that its investee company Advent Energy has made significant progress with its plans to conduct a 2D high resolution seismic campaign over its PEP 11 permit in offshore New South Wales. Most recently Advent Energy through its subsidiary Asset Energy lodged its environment plan with the National Offshore Petroleum Safety and Environment Management Authority (“NOPSEMA”) for this work. The EP is the critical documentation necessary to be submitted to NOPSEMA to allow the seismic survey to proceed in PEP11

Significant work has been undertaken on this project with a view, subject to approval timeframes from NOPSEMA, to commencing this work late third quarter 2017.

Management are continuing to minimise all costs where possible. All expenditure is scrutinised and managed carefully before being incurred by the Company. As previously announced to the market MEC is attempting to reduce its future legal costs arising from the disputes it has with the former managing director and his associates by achieving a global resolution on these matters through discussion.

Directors of both MEC and Advent continue to provide their services to these companies for a nominal fee of \$1 per annum. This arrangement will remain in place until further notice.

We welcome your questions or comments regarding the Company. If you have any questions please do not hesitate to contact the Company on 08 9 245 6187 or info@mecresources.com.au.

Yours faithfully

A handwritten signature in blue ink, appearing to read "D Ambrosini", is written over a light blue circular stamp.

Deborah Ambrosini
Director and Company Secretary

MEC Resources Ltd

ACN 113 900 020

PO Box 882, West Perth, WA 6872

Level 3, Suite 2 1111 Hay Street, West Perth 6005, Western Australia

T: +61 8 9245 6187 F: +61 8 9200 6193

info@mecresources.com.au www.mecresources.com.au