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PRESS RELEASE

RELIABLE ENERGY LTD. PROVIDES FIRST QUARTER 2010 OPERATIONS UPDATE

Calgary, Alberta

April 29, 2010

Reliable Energy Ltd. ("Reliable" or the "Company") (TSX-V: REL) is pleased to provide an operational update on its first quarter 2010 activities.

HIGHLIGHTS

Operational Achievements

- Increased average daily production to 306 boe/d, an increase of 102 boe/d or 50% over Q4, 2009.
- Exit production at March 31, 2010 increased to approximately 367 boe/d (95% oil).
- Drilled 9 (6.95 net) wells, including 2 (1.45 net) exploration wells and 7 (5.5 net) development wells.
- Acquired 8,250 acres of undeveloped land in our core area.
- Shot 124 kms of proprietary 2D seismic in our core area.

OPERATIONAL UPDATE

Production during the first quarter averaged 306 boe/d, an increase of 102 boe/d or 50% from the Q4, 2009, as Reliable continued its strategy of balancing development activity with exploration opportunities. Average production was slightly hampered by the early onset of spring which made field activities difficult, resulting in Reliable being unable to perform completion operations on 4 wells from the quarters drilling activity.

During the quarter Reliable drilled a total of 9 (6.95 net) wells in its core area in Manitoba. This included 2 (1.45 net) exploration wells and 7 (5.5 net) development wells. Five of the wells were placed on production and the remaining four wells will be completed as soon as road bans are removed in Manitoba, which is expected between the mid to end of May, 2010.

Reliable continued to be active in its core area, acquiring 8,250 acres of undeveloped lands during the quarter as the company continued its growth strategy that includes increasing our exposure to large high quality oil projects in Manitoba and Saskatchewan.

Following on from the fourth quarter exploration drilling program, Reliable shot another 124 kms of 2D seismic. This data is being used to delineate the size of new pool discoveries made in Q4, 2009 and identify new locations for drilling during 2010.

MANAGEMENT APPOINTMENT

Reliable announces that Mr. Don Williams has departed Reliable to pursue an international opportunity. At the same time, Reliable is pleased to announce that Mr. Chris Barton, who has been consulting with Reliable since 2008, will increase his role to that of Head of our Exploration team. Mr. Barton has a B.Sc. in Geology from the University of Calgary and his career has included working for such companies as Unocal, Conoco, Pinnacle and Burlington in increasing areas of responsibility. In 2004, he started Shadow Energy Inc., a geophysical consulting company working for numerous oil & gas clientele and in 2006 he joined Kereco Energy Ltd., as VP Exploration until 2008, when Kereco was sold. Since that time he has consulted to Reliable and has played a key role in developing Reliable's exploration and development program and is a welcome addition to Reliable's team.

ABOUT RELIABLE

Reliable Energy Ltd. is an Alberta based junior oil and gas company with a strong exploration component that commenced operations in 2005. Reliable's activities are primarily focused in the Kirkella area situated on the Saskatchewan/Manitoba border. Kirkella is a Bakken oil rich prospect area that possesses high

operating margins and multiple formation potential, while cost effective high impact exploration yields significant low risk exploitation and development opportunities.

Reliable's goal is to become a low cost, value added growth company. The Company's strategy is to concentrate on exploration and development drilling activities in oil rich core areas. Reliable will continue to build on its highly prospective light oil land position in Manitoba and Saskatchewan and, through prudent development, add to its reserves and production base with the objective of providing sustained future growth and superior returns to shareholders.

Common shares of Reliable Energy Ltd. are listed for trading on the TSX Venture Exchange under the symbol REL.

Caution Regarding Forward-Looking Information

This document contains forward-looking statements, including the statement that the Kirkella South No. 1 battery and water disposal system will improve operating efficiency and reduce operating costs going forward. Forward-looking information is based on current expectations that involve a number of risks and uncertainties, which could cause actual results to differ materially from those anticipated. These risks include, but are not limited to: operational risks in development, exploration and production; delays or changes in plans with respect to exploration or development projects or capital expenditures; the uncertainty of reserves estimates; the uncertainty of estimates and projections relating to production, costs and expenses; health, safety and environmental risks; risks associated with equipment procurement and equipment failure; risks related to commodity price and foreign exchange rate fluctuations; risks related to future royalty rate changes; and, risks and uncertainties associated with securing and maintaining necessary regulatory approvals. Forward-looking statements are not guarantees of future performance and the reader should not place undue reliance on these forward-looking statements, as there can be no assurances that the assumptions, plans, initiatives or expectations upon which they are based will occur.

Note

Barrels of oil equivalent ("boe") may be misleading, particularly if used in isolation. A boe conversion ratio of 6 mcf: 1 bbl is based on an energy equivalency conversion method primarily applicable at the burner tip and does not represent a value equivalency at the wellhead.

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