

## Golar LNG - share option plan 2009

The Board of Golar LNG Limited has approved the grant of 250,000 share options to Directors and employees of the Company and its subsidiaries under the terms of the Company's existing share option scheme. The options have a strike price set at \$11.80 per share. One third of the options vest on June 30, 2010 and the remaining two thirds vest one third each year over the following two years, assuming continued employment, and the option period is five years.

The following Primary Insiders have received options.

	Options granted	Total options after grant & cancellations
Graham Robjohns	100,000	175,000
Hans Petter Aas	75,000	75,000
Katherine Fredriksen	75,000	75,000

A total of 200,000 options have been exercised on October 22, 2009 at an average price of \$13.24 and a strike price of \$9.89. After this exercise the total number of outstanding options granted after this grant and the cancellation noted above is 1,546,834.

October 23, 2009  
The Board of Directors  
Golar LNG Limited  
Hamilton, Bermuda.