

Loncor Resources Inc.

PRESS RELEASE

LONCOR STOCK OPTION GRANTS

Toronto, Canada - September 30, 2009 - Loncor Resources Inc. (the "Company") (TSX-V Symbol: "LN") announces that it has granted to directors and officers of the Company, pursuant to the terms of the Company's stock option plan, a total of 1,290,000 stock options, each such stock option entitling the holder to purchase one common share of the Company at a price of Cdn\$1.20 for a period of five years.

For further information regarding the Company, please visit our website at www.loncor.com or contact:

Arnold T. Kondrat, Chairman of the Board
Telephone: (416) 366-2221 or 1 (800) 714-7938

Neither TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.