



SHARON ENERGY LTD.

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The following is for immediate release in Canada, Tuesday, July 22, 2003.

SHARON APPROVES STOCK OPTION PLAN AND GRANTS INCENTIVE STOCK OPTIONS

Sharon Energy Ltd. today announced that the Corporation has approved the granting of options to purchase up to 772,500 common shares at an exercise price of \$0.27 per share. Of these options, 350,000 have been granted to the President of the Corporation.

Options granted will be exercisable after the approval of shareholders at the Corporation's annual meeting. The options vest as to one-third on the date of grant and one-third on the first and second anniversaries of the date of grant and expire on July 21, 2008. Subsequent to the granting of these options, the Corporation will have a total of 1,970,000 options outstanding, or 6.1% of its outstanding shares.

Sharon also reports that it has adopted an incentive Stock Option Plan ("the Plan"), which permits the issuance of up to 3,223,000 common shares, or approximately 10% of the outstanding shares of the Corporation, in accordance with the policy of the TSX Venture Exchange.

The Plan and all stock options granted pursuant to the Plan, will be subject to the approval of the TSX Venture Exchange and the shareholders at the Corporation's next annual meeting, to be held on September 24, 2003.

Sharon Energy Ltd. is a junior oil and gas company currently conducting active natural gas exploration programs in Texas, Wyoming and Alberta. Sharon is currently focused on exploring for natural gas in Alberta and deep Wilcox gas in Texas.

FOR FURTHER INFORMATION, PLEASE CONTACT:

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Forward looking statements – statements included in this press release that are not historical facts may be considered "forward looking statements." All estimates and statements that describe the Company's objectives, goals or future plans are forward looking statements. Forward looking statements involve inherent risks and uncertainties where actual results could differ materially from those currently anticipated.

**THE TSX VENTURE EXCHANGE HAS NOT REVIEWED AND DOES NOT ACCEPT RESPONSIBILITY FOR THE
ADEQUACY OR ACCURACY OF THIS RELEASE.**