



SHARON ENERGY LTD.

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The following is for release in Canada, Monday, November 21, 2005.

SHARON REPORTS UPDATED RESERVE EVALUATION AND CORPORATION'S NET PRESENT VALUE SUMMARY

Sharon Energy Ltd. today announced that an evaluation of the Company's oil and gas reserves effective September 30, 2005 has assigned total proved and probable reserves of 1,471 MBOE to the Company's properties, an increase of 39% from the March 31, 2005 evaluation. The reserves were assigned a net present value, before tax, of \$33.9 million based on forecast prices and cost, using a 10% discount rate, an increase of 153% from March 31, 2005.

The most significant change in the Company's reserves was in the United States, as a result of activity during the past six months. The reserves in the United States increased by 43%, to 1,246 MBOE and the net present value, before tax, based on forecast prices and cost using a 10% discount rate, increased by 129%, to \$27.5 million (\$23.4 million U.S. dollars).

Company Net Present Value

The net present value is based on the engineering evaluation prepared by AJM Petroleum Consultants with an effective date of September 30, 2005 (the "AJM Report"). The present value of the Company's reserves, presented in the table below, discounted at 10% before income tax and 5% after income tax, is extracted from the AJM Report. Seaton Jordan & Associates Ltd. has evaluated undeveloped acreage at September 30, 2005, in compliance with National Instrument 51-101 Standards of Disclosure (the "Seaton Jordan Report"), after tax rates for the land value, assuming the land is sold at the report date.

The Company's net debt is based on its interim financial statements as at September 30, 2005 and does not include liability for future net income tax or asset retirement obligation.

The number of shares outstanding at September 30, 2005 was 38,532,265. Net asset value per share has been fully diluted by 2,533,000 options to purchase common shares at an average price of \$0.23 per share and the implied proceeds have been added to the net asset value.

It should not be assumed that net present value represents fair market value. Net present value is dependent upon a number of critical assumptions including the future price of commodities, the timing of production and the estimate of reserves.

SHARON ENERGY LTD
NET PRESENT VALUE
EFFECTIVE SEPTEMBER 30, 2005

	<u>Before Tax</u> <u>(Millions)</u>	<u>After Tax</u> <u>(Millions)</u>
	Discount Rate:	
	<u>10%</u>	<u>5%</u>
RESERVES		
Proved	\$ 19.2	\$ 14.7
Probable	<u>14.7</u>	<u>13.0</u>
Total proved + Probable	33.9	27.6
UNDEVELOPED LAND	0.7	0.4
NET DEBT	<u>3.5</u>	<u>3.5</u>
TOTAL NET PRESENT VALUE	<u>\$ 31.1</u>	<u>\$ 24.5</u>
TOTAL NET PRESENT VALUE PER SHARE	<u>\$ 0.77</u>	<u>\$ 0.64</u>
SHARES OUTSTANDING	38.5	38.5
OPTIONS	<u>2.5</u>	<u>2.5</u>
TOTAL FULLY DILUTED	<u>41.0</u>	<u>41.0</u>

⁽¹⁾ In the Seaton Jordan Report, fair value is determined based on the following factors:

1. the acquisition cost, provided that there have been no material changes in the unproved property, the surrounding properties, or the general oil and gas climate since the acquisition;
2. recent sales by others of interests in the same unproved property;
3. terms and conditions, expressed in monetary terms, of recent farm-in agreements;
4. terms and conditions, expressed in monetary terms, of recent work commitments related to the unproved property; and
5. recent sales of similar properties in the same general area.

Reserves

The following tables summarize the oil, liquids and natural gas reserves of the Corporation and the net present values of future net revenue for these reserves using constant prices and costs and forecast prices and costs as derived from the AJM Report. The Reserves Data conforms to the requirements of National Instrument 51-101 Standards of Disclosure for Oil and Gas Activities ("NI 51-101").

All of the Corporation's reserves are in Canada and the United States and, specifically, in the provinces of Alberta and Saskatchewan, in Canada and in the United States, in Texas.

It should not be assumed that the estimates of future net revenues, whether calculated before or after tax or with or without a discount rate, presented in the tables below represent the fair market value of the reserves. There is no assurance that the constant prices and costs assumptions and forecast prices and costs assumptions will be attained and variances could be material. The recovery and reserve estimates of reserves provided herein are estimates only and there is no guarantee that the estimated reserves will be recovered. The actual reserves may be greater or less than the estimates provided herein.

For the purpose of presentation in certain tables that follow, US dollar amounts in the AJM Report have been converted to Canadian dollars, at AJM's forecast exchange rate of \$0.85 US, unless otherwise stated.

Forecast Prices and Costs

SUMMARY OF OIL AND GAS RESERVES
AND NET PRESENT VALUES OF FUTURE NET REVENUE
AS OF SEPTEMBER 30, 2005
FORECAST PRICES AND COSTS

<u>COMPANY TOTAL</u>	RESERVES							
	LIGHT AND MEDIUM OIL		HEAVY OIL		NATURAL GAS		NATURAL GAS LIQUIDS	
	Gross (MBbl)	Net (MBbl)	Gross (MBbl)	Net (MBbl)	Gross (MMcf)	Net (MMcf)	Gross (MBbl)	Net (MBbl)
RESERVES CATEGORY								
PROVED								
Developed Producing	30	25	0	0	1,676	1,304	4	3
Developed Non-producing	-	-	-	-	743	577	-	-
Undeveloped	44	36	-	-	986	800	3	2
TOTAL PROVED	74	60	0	0	3,405	2,681	6	4
PROBABLE	35	28	0	0	4,721	3,639	2	1
TOTAL PROVED PLUS PROBABLE	109	88	0	0	8,126	6,319	8	6

<u>COMPANY TOTAL</u>	NET PRESENT VALUES OF FUTURE NET REVENUE ⁽¹⁾									
	BEFORE INCOME TAXES DISCOUNTED AT					AFTER INCOME TAXES DISCOUNTED AT				
	(% per year)					(% per year)				
RESERVES CATEGORY	0 (MM\$)	5 (MM\$)	10 (MM\$)	15 (MM\$)	20 (MM\$)	0 (MM\$)	5 (MM\$)	10 (MM\$)	15 (MM\$)	20 (MM\$)
PROVED										
Developed Producing	13.4	12.1	11.2	10.3	9.7	9.6	8.7	8.0	7.4	6.9
Developed Non-producing	5.1	4.3	3.7	3.3	2.9	3.2	2.7	2.3	2.0	1.7
Undeveloped	6.7	5.3	4.3	3.6	3.1	4.3	3.3	2.6	2.2	1.9
TOTAL PROVED	25.2	21.7	19.2	17.2	15.7	17.1	14.7	13.0	11.6	10.5
PROBABLE	31.1	20.7	14.7	11.1	8.7	19.6	13.0	9.3	6.8	5.3
TOTAL PROVED PLUS PROBABLE	56.3	42.4	33.9	28.3	24.4	36.7	27.6	22.2	18.5	15.8

SUMMARY OF OIL AND GAS RESERVES
AND NET PRESENT VALUES OF FUTURE NET REVENUE
AS OF SEPTEMBER 30, 2005
FORECAST PRICES AND COSTS (CDN \$)

CANADIAN PROPERTIES	RESERVES							
	LIGHT AND MEDIUM OIL		HEAVY OIL		NATURAL GAS & SOLUTION GAS		NATURAL GAS LIQUIDS	
	Gross (MBbl)	Net (MBbl)	Gross (MBbl)	Net (MBbl)	Gross (MMcf)	Net (MMcf)	Gross (MBbl)	Net (MBbl)
RESERVES CATEGORY								
PROVED								
Developed Producing	22	18	-	-	387	314	4	3
Developed Non-producing	-	-	-	-	60	52	-	-
Undeveloped	-	-	-	-	393	334	3	2
TOTAL PROVED	22	18	-	-	839	699	6	4
PROBABLE	9	7	-	-	278	230	2	1
TOTAL PROVED PLUS PROBABLE	31	25	-	-	1,117	929	8	6

CANADIAN PROPERTIES	NET PRESENT VALUES OF FUTURE NET REVENUE									
	BEFORE INCOME TAXES DISCOUNTED AT					AFTER INCOME TAXES DISCOUNTED AT				
	(% per year)					(% per year)				
RESERVES CATEGORY	0	5	10	15	20	0	5	10	15	20
	(MMS\$)	(MMS\$)	(MMS\$)	(MMS\$)	(MMS\$)	(MMS\$)	(MMS\$)	(MMS\$)	(MMS\$)	(MMS\$)
PROVED										
Developed Producing	4.1	3.6	3.2	2.9	2.7	3.5	3.0	2.7	2.5	2.3
Developed Non-producing	0.4	0.3	0.3	0.2	0.2	0.3	0.2	0.2	0.1	0.1
Undeveloped	2.8	2.0	1.6	1.3	1.1	1.8	1.3	1.0	0.8	0.7
TOTAL PROVED	7.3	5.9	5.1	4.4	4.0	5.6	4.6	3.9	3.5	3.1
PROBABLE	2.6	1.8	1.3	1.1	0.9	1.7	1.2	0.9	0.7	0.6
TOTAL PROVED PLUS PROBABLE	9.8	7.7	6.4	5.5	4.8	7.3	5.8	4.8	4.2	3.7

SUMMARY OF OIL AND GAS RESERVES
AND NET PRESENT VALUES OF FUTURE NET REVENUE
AS OF SEPTEMBER 30, 2005
FORECAST PRICES AND COSTS (U.S. DOLLARS)

<u>U.S. PROPERTIES</u>	RESERVES							
	LIGHT AND MEDIUM OIL		HEAVY OIL		NATURAL GAS		NATURAL GAS LIQUIDS	
	Gross (MBbl)	Net (MBbl)	Gross (MBbl)	Net (MBbl)	Gross (MMcf)	Net (MMcf)	Gross (MBbl)	Net (MBbl)
RESERVES CATEGORY								
PROVED								
Developed Producing	9	7	-	-	1,290	990	-	-
Developed Non-producing	-	-	-	-	683	525	-	-
Undeveloped	44	36	-	-	594	466	-	-
TOTAL PROVED	52	43	-	-	2,566	1,981	-	-
PROBABLE	26	21	-	-	4,443	3,409	-	-
TOTAL PROVED PLUS PROBABLE	78	64	-	-	7,009	5,390	-	-

<u>U.S. PROPERTIES</u>	NET PRESENT VALUES OF FUTURE NET REVENUE									
	BEFORE INCOME TAXES DISCOUNTED AT (% per year)					AFTER INCOME TAXES DISCOUNTED AT (% per year)				
	0	5	10	15	20	0	5	10	15	20
RESERVES CATEGORY	(MM\$)	(MM\$)	(MM\$)	(MM\$)	(MM\$)	(MM\$)	(MM\$)	(MM\$)	(MM\$)	(MM\$)
PROVED										
Developed Producing	7.9	7.2	6.8	6.3	6.0	5.2	4.8	4.5	4.2	3.9
Developed Non-producing	4.0	3.4	2.9	2.6	2.3	2.5	2.1	1.8	1.6	1.4
Undeveloped	3.3	2.8	2.3	2.0	1.7	2.1	1.7	1.4	1.2	1.0
TOTAL PROVED	15.2	13.4	12.0	10.9	10.0	9.8	8.6	7.7	7.0	6.4
PROBABLE	24.2	16.1	11.4	8.5	6.6	15.2	10.0	7.1	5.2	4.0
TOTAL PROVED PLUS PROBABLE	39.4	29.5	23.4	19.4	16.6	25.0	18.7	14.8	12.2	10.5

Constant Prices and Costs

SUMMARY OF OIL AND GAS RESERVES
AND NET PRESENT VALUES OF FUTURE NET REVENUE
AS OF SEPTEMBER 30, 2005
CONSTANT PRICES AND COSTS (CDN DOLLARS)

<u>COMPANY TOTAL</u>	RESERVES							
	LIGHT AND MEDIUM OIL		HEAVY OIL		NATURAL GAS		NATURAL GAS LIQUIDS	
	Gross (MBbl)	Net (MBbl)	Gross (MBbl)	Net (MBbl)	Gross (MMcf)	Net (MMcf)	Gross (MBbl)	Net (MBbl)
RESERVES CATEGORY								
PROVED								
Developed Producing	31	25	-	-	1,677	1,305	4	3
Developed Non-producing	0	0	-	-	742	577	-	2
Undeveloped	44	36	-	-	986	799	3	-
TOTAL PROVED	74	60	-	-	3,405	2,681	6	4
PROBABLE	35	28	-	-	4,721	3,639	2	1
TOTAL PROVED PLUS PROBABLE	109	89	-	-	8,126	6,320	8	6

<u>COMPANY TOTAL</u>	NET PRESENT VALUES OF FUTURE NET REVENUE ⁽¹⁾									
	BEFORE INCOME TAXES DISCOUNTED AT (% per year)					AFTER INCOME TAXES DISCOUNTED AT (% per year)				
	0	5	10	15	20	0	5	10	15	20
RESERVES CATEGORY										
PROVED										
Developed Producing	19.9	17.9	16.3	15.1	14.1	13.8	12.4	11.3	10.4	9.7
Developed Non-producing	8.5	7.1	6.0	5.2	4.7	5.3	4.4	3.8	3.3	2.9
Undeveloped	10.7	8.6	7.1	6.2	5.3	7.0	5.5	4.6	3.9	3.4
TOTAL PROVED	39.1	33.5	29.5	26.5	24.0	26.1	22.4	19.7	17.6	16.0
PROBABLE	51.5	35.1	25.4	19.4	15.3	32.5	22.1	16.0	12.1	9.6
TOTAL PROVED PLUS PROBABLE	90.6	68.7	55.0	45.9	39.4	58.7	44.4	35.7	29.7	25.6

SUMMARY OF OIL AND GAS RESERVES
AND NET PRESENT VALUES OF FUTURE NET REVENUE
AS OF SEPTEMBER 30, 2005
CONSTANT PRICES AND COSTS (CDN DOLLARS)

CANADIAN PROPERTIES	RESERVES							
	LIGHT AND MEDIUM OIL		HEAVY OIL		NATURAL GAS & SOLUTION GAS		NATURAL GAS LIQUIDS	
	Gross (MBbl)	Net (MBbl)	Gross (MBbl)	Net (MBbl)	Gross (MMcf)	Net (MMcf)	Gross (MBbl)	Net (MBbl)
RESERVES CATEGORY								
PROVED								
Developed Producing	22	18	-	-	387	315	4	3
Developed Non-producing	-	-	-	-	59	52	-	2
Undeveloped	-	-	-	-	393	333	3	
TOTAL PROVED	22	18	-	-	839	700	6	4
PROBABLE	9	7	-	-	278	230	2	1
TOTAL PROVED PLUS PROBABLE	31	25	-	-	1,117	930	8	6

CANADIAN PROPERTIES	NET PRESENT VALUES OF FUTURE NET REVENUE									
	BEFORE INCOME TAXES DISCOUNTED AT					AFTER INCOME TAXES DISCOUNTED AT				
	(% per year)					(% per year)				
RESERVES CATEGORY	0	5	10	15	20	0	5	10	15	20
	(MM\$)	(MM\$)	(MM\$)	(MM\$)	(MM\$)	(MM\$)	(MM\$)	(MM\$)	(MM\$)	(MM\$)
PROVED										
Developed Producing	5.3	4.6	4.1	3.7	3.4	4.3	3.7	3.3	3.0	2.8
Developed Non-producing	0.6	0.5	0.4	0.3	0.3	0.4	0.3	0.3	0.2	0.2
Undeveloped	3.8	2.8	2.2	1.8	1.5	2.6	1.9	1.5	1.2	1.0
TOTAL PROVED	9.7	7.9	6.7	5.8	5.2	7.2	5.9	5.0	4.4	4.0
PROBABLE	3.4	2.4	1.8	1.4	1.1	2.3	1.6	1.2	0.9	0.8
TOTAL PROVED PLUS PROBABLE	13.1	10.3	8.5	7.2	6.3	9.5	7.5	6.3	5.3	4.7

SUMMARY OF OIL AND GAS RESERVES
AND NET PRESENT VALUES OF FUTURE NET REVENUE
AS OF SEPTEMBER 30, 2005
CONSTANT PRICES AND COSTS (US DOLLARS)

<u>U.S. PROPERTIES</u>	RESERVES							
	LIGHT AND MEDIUM OIL		HEAVY OIL		NATURAL GAS		NATURAL GAS LIQUIDS	
	Gross (MBbl)	Net (MBbl)	Gross (MBbl)	Net (MBbl)	Gross (MMcf)	Net (MMcf)	Gross (MBbl)	Net (MBbl)
RESERVES CATEGORY								
PROVED								
Developed Producing	9	7	-	-	1,283	992	-	-
Developed Non-producing	-	-	-	-	683	525	-	-
Undeveloped	44	36	-	-	596	468	-	-
TOTAL PROVED	53	43	-	-	2,562	1,985	-	-
PROBABLE	26	21	-	-	4,445	3,410	-	-
TOTAL PROVED PLUS PROBABLE	79	65	-	-	7,006	5,395	-	-

<u>U.S. PROPERTIES</u>	NET PRESENT VALUES OF FUTURE NET REVENUE									
	BEFORE INCOME TAXES DISCOUNTED AT (% per year)					AFTER INCOME TAXES DISCOUNTED AT (% per year)				
	0	5	10	15	20	0	5	10	15	20
RESERVES CATEGORY	(MM\$)	(MM\$)	(MM\$)	(MM\$)	(MM\$)	(MM\$)	(MM\$)	(MM\$)	(MM\$)	(MM\$)
PROVED										
Developed Producing	12.4	11.3	10.4	9.7	9.1	8.1	7.4	6.8	6.3	5.9
Developed Non-producing	6.7	5.6	4.8	4.2	3.7	4.2	3.5	3.0	2.6	2.3
Undeveloped	5.9	4.9	4.2	3.7	3.2	3.7	3.1	2.6	2.3	2.0
TOTAL PROVED	25.1	21.9	19.5	17.5	16.0	16.0	14.0	12.4	11.2	10.2
PROBABLE	40.9	27.8	20.1	15.3	12.1	25.7	17.4	12.6	9.5	7.5
TOTAL PROVED PLUS PROBABLE	66.0	49.7	39.6	32.9	28.1	41.7	31.4	25.0	20.8	17.8

Notes:

- "Gross" means the Company's total working interest (operating and non-operating) share before deduction of royalties payable to others and without including any royalty interests of the Company. "Net" reserves means the total working interest (operating and non-operating) share after deduction of royalty obligations plus the Company's royalty interests in reserves. Other definitions, including reserve categories, are as defined in National Instrument 51-101.
- Columns may not add due to rounding.

Pricing Assumptions

The following sets for the benchmark reference prices, as at September 30, 2005, reflected in the reserves information. These price assumptions were provided to the Corporation by AJM.

SUMMARY OF PRICING ASSUMPTIONS
AS OF SEPTEMBER 30, 2005
CONSTANT PRICES AND COSTS

YEAR	OIL ⁽¹⁾			NATURAL GAS ⁽¹⁾		NGL's ⁽¹⁾		
	WTI Cushing Oklahoma (\$US/bbl)	Edmonton Par Price 40 ⁰ API (\$Cdn/bbl)	Hardisty Lloyd Blend (\$Cdn/bbl)	AECO Gas Price (\$Cdn/Mcf)	NYMEX Gas Price (\$US/Mcf)	Edmonton Par Price Propane (\$Cdn/bbl)	Edmonton Par Price Butane (\$Cdn/bbl)	Edmonton Par Price Condensate (\$Cdn/bbl)
2005 ⁽²⁾⁽³⁾	66.24	79.30	47.51	13.13	14.50	63.44	51.54	83.26

Notes:

- (1) These summary tables identify benchmark reference pricing schedules that might apply to a reporting issuer.
- (2) The exchange rate used to generate the benchmark reference prices in these tables is 0.8613 \$US/\$Cdn.
- (3) As at September 30.

SUMMARY OF PRICING AND INFLATION RATE ASSUMPTIONS
AS OF SEPTEMBER 30, 2005
FORECAST PRICES AND COSTS

YEAR	OIL			NATURAL GAS		NGL's		
	WTI	Edmonton				Edmonton	Edmonton	Edmonton
	Cushing	Par Price	Hardisty	AECO	NYMEX	Par Price	Par Price	Par Price
	Oklahoma	40 ⁰ API	Lloyd Blend	Gas Price	Gas Price	Propane	Butane	Condensate
	(\$US/bbl)	(\$Cdn/bbl)	(\$Cdn/bbl)	(\$Cdn/Mcf)	(\$US/Mcf)	(\$Cdn/bbl)	(\$Cdn/bbl)	(\$Cdn/bbl)
Forecast								
2005	65.00	75.60	50.60	12.00	12.00	49.15	60.50	79.40
2006	65.00	78.40	53.40	11.00	10.00	50.95	62.70	82.30
2007	64.25	77.50	52.50	10.00	9.20	50.40	62.00	81.40
2008	62.45	75.30	50.30	8.90	8.30	48.95	60.25	79.05
2009	61.55	74.20	49.20	9.20	8.50	48.25	59.35	77.90
2010	59.55	71.80	46.80	9.35	8.65	46.65	57.45	75.40
2011	55.25	66.50	41.50	9.60	8.85	43.25	53.20	69.85
2012	56.35	67.85	42.85	9.80	9.00	44.10	54.30	71.25
2013	57.45	69.20	44.20	10.00	9.20	45.00	55.35	72.65
2014	58.60	70.60	45.60	10.20	9.35	45.90	56.50	74.15
2015	59.80	72.05	47.05	10.45	9.55	46.85	57.65	75.65
2016	60.95	73.50	48.50	10.70	9.75	47.80	58.80	77.20
2017	62.20	75.00	50.00	11.00	9.95	48.75	60.00	78.75
2018	63.45	76.50	51.50	11.20	10.15	49.75	61.20	80.35
2019	64.65	78.00	53.00	11.40	10.35	50.70	62.40	81.90
2020	65.95	79.60	54.60	11.70	10.55	51.75	63.70	83.60
2021	67.30	81.25	56.25	12.00	10.80	52.80	65.00	85.30
2022	68.65	82.85	57.85	12.20	11.00	53.85	66.30	87.00
2023	70.00	84.50	59.50	12.40	11.20	54.95	67.60	88.75
2024	71.45	86.30	61.30	12.75	11.45	56.10	69.05	90.60
2025+	2.0%	2.0%	2.0%	2.0%	2.0%	2.0%	2.0%	2.0%

Notes:

- (1) Inflation rates (for forecasting prices and costs) increasing at the rate of 2% per year.
- (2) Exchange rates (used to generate the benchmark reference prices in these tables) remaining constant at 0.85.

BOE Presentation

The term 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. All BOE conversions in this press release are derived by converting gas to oil in the ratio of six Mcf of gas to one Bbl of oil.

Sharon Energy Ltd. is a junior oil and gas company currently conducting active natural gas exploration programs in Texas and Alberta.

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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