



SHARON ENERGY LTD.

#1800, 633 Sixth Avenue S.W.
Calgary, Alberta
T2P 2Y5 Canada

The following is for immediate release on Monday, June 29, 2009

SHARON ENERGY LTD. ANNOUNCES RESULTS FOR THE YEAR ENDED MARCH 31, 2009

Sharon Energy Ltd. (TSX-V: SHY) ("Sharon") announces that it has filed its 2009 MD&A, Financial Statements, and Reserves Data Report.

Sharon's revenue and cash flow results for the year ended March 31, 2009, were higher than those of the prior year as strong oil and natural gas prices combined with flush production from new wells during the spring and summer quarters (Q1 and Q2). Unfortunately, declines in production rates during the second half of the fiscal year combined with a considerable drop in oil and natural gas prices offset most of the gains from the first half.

Financial

Revenue for the year totalled \$3.7 million compared with \$2.8 million for the prior year. Cash flow from operations for the year totalled \$2.1 million or \$0.03 per share compared with \$1.2 million or \$0.02 per share for the prior year. Sharon had a loss of \$3.6 million versus a loss of \$757,000 in the prior year primarily due to an impairment of the carrying value of the Company's oil and gas assets of \$1.6 million in 2009 compared with an impairment of \$379,000 in the prior year.

Capital expenditures during the 2009 fiscal year totalled \$3.4 million compared with \$6.0 million for the prior year. Capital expenditures were financed from cash flow and proceeds from property dispositions.

Sharon exited the year with working capital of \$310,000 versus working capital of \$412,000 at the beginning of the year.

All dollar figures are United States dollars.

Exploration and Development

Unites States

In the U.S., Sharon has acquired approximately 8,500 gross acres (3,621 net acres) in the Eagleford fractured shale play. Sharon's acreage is on trend with a large development program operated by Apache Corporation. However, the



SHARON ENERGY LTD.

#1800, 633 Sixth Avenue S.W.
Calgary, Alberta
T2P 2Y5 Canada

Company is actively looking to sell or farmout this project as individual well costs may be significant.

Canada

In Canada, Sharon has acquired 9,611 acres (2,816 net acres) in Alberta and Saskatchewan. The Alberta lands were acquired to expand existing holdings at Big Bend. Sharon's primary Canadian exploration focus is in Saskatchewan where the Company now has acreage on prospective Viking, Shaunavon and Bird Bear oil plays.

Production

For the year ended March 31, 2009, production increased 17% to 254 BOEd compared with 217 BOEd for the prior year. New fields added to production during the year from Canada at Leahurst, Carstairs and Big Bend and in the United States at NW Speaks combined to offset production rate declines at the Hound Dog field in Lavaca County, Texas, and the Allen Ranch field in Colorado County, Texas.

Reserves and Reserve Values

The independent engineering evaluation of Sharon's properties assigned proved reserves before royalties of 256.8 MBOE and total reserves before royalties of 1,097.5 MBOE at March 31, 2009. These reserve estimates result in a before tax present value of estimated future net revenues, discounted at 10%, of \$13.6 million CDN. There is no assurance that this represents the fair value of the assets.

Business Outlook

A weak natural gas pricing environment has led to a sharp reduction in the number of rigs drilling for natural gas over the last six months. The drop of rig activity in Canada and the U.S. should decrease domestic supply as rates from producing wells decline without new well production replacing the declines. However, even though natural gas prices have shown signs of strengthening recently, there is still considerable uncertainty as to when prices will again rise to above \$7.00 Mcf. Because of the uncertainty in the gas market and the underlying economy Sharon expects that natural gas prices will stay in the range of \$4.00 to \$6.00 per Mcf for the remainder of 2009.

Sharon plans to match capital spending to operating cashflows and has halted the majority of new projects until gas prices improve over current levels.



SHARON ENERGY LTD.

#1800, 633 Sixth Avenue S.W.
Calgary, Alberta
T2P 2Y5 Canada

Sharon's future exploration program will focus on a number of shallower prospects in Texas that can be managed within the Company's capital budget. However, Sharon is also considering various alternatives to its normal operations such as the selling of assets, a reduction of overhead costs, and other corporate transactions to optimize shareholder value.

Corporate Summary

(\$ Thousands, except per share amounts) (U.S. Dollars)	Years Ended March 31	
	2009	2008
Financial		
Total revenue	\$ 3,733	\$ 2,835
Cash flow from operations	\$ 2,075	\$ 1,174
per share, basic and diluted	\$ 0.03	\$ 0.02
Loss for the period	\$ (3,626)	\$ (757)
per share, basic and diluted	\$ (0.05)	\$ (0.01)
Property, plant and equipment		
Capital additions	\$ 3,428	\$ 5,984
Dispositions	\$ 1,412	\$ 330
Working capital	\$ 310	\$ 412
Total assets	\$ 14,679	\$ 21,902
Total shares outstanding, at period end	74,086	75,394
Operations		
Production		
Gas (MMcfd)	1.3	1.2
Oil (Bopd)	32	25
BOEd (6 Mcf = 1 Bbl)	254	217
Product Prices		
Gas (\$/Mcf)	\$ 8.01	\$ 6.78
Oil (\$/Bbl)	\$ 85.03	\$ 67.19
Reserves (proved plus probable)		
Gas (Mmcf)	6,241	11,183
Oil (MBbl)	57	145
BOE (MBbls)	1,097	2,009
Present value, before tax (\$ CDN MM at 10%)	\$ 13.6	\$ 35.7



SHARON ENERGY LTD.

#1800, 633 Sixth Avenue S.W.
Calgary, Alberta
T2P 2Y5 Canada

BOE Presentation – the term barrels of oil equivalent (BOE) may be misleading, particularly if used in isolation. A BOE conversion ratio of 6 Mcf: 1Bbl 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 report are derived by converting gas to oil in the ratio of six Mcf of gas to one Bbl of oil.

Financial Reporting – all numbers are reported in U.S. dollars.

Sharon is an oil and gas exploration and production company based in Calgary, Alberta. Sharon's current focus is on shallow gas developments in southern Alberta, natural gas exploration in central and southern Alberta and deep gas exploration in Texas.

FOR FURTHER INFORMATION, PLEASE CONTACT:

H.C. (Kip) Ferguson, III, President
Houston, Texas
SHARON ENERGY LTD.
Telephone: (713) 789-5395
Fax: (713) 789-8454

Robert W. Lamond, Chairman
Calgary, Alberta
SHARON ENERGY LTD.
Telephone: (403) 269-9889
Fax: (403) 269-9890

TSX-V: SHY

ADVISORY: Certain information regarding the Company in this News Release including management's assessment of future plans and operations, the use of proceeds from the offering and the anticipated closing date of the offering, may constitute forward-looking statements under applicable securities laws and necessarily involve risks including, without limitation, risks associated with oil and gas exploration, development, exploitation, production, marketing and transportation, loss of markets, volatility of commodity prices, currency fluctuations, imprecision of reserve estimates, environmental risks, competition from other producers, inability to retain drilling rigs and other services, capital expenditure costs, including drilling, completion and facilities costs, unexpected decline rates in wells, wells not performing as expected, incorrect assessment of the value of acquisitions, failure to realize the anticipated benefits of acquisitions, delays resulting from or inability to obtain required regulatory approvals and ability to access sufficient capital from internal and external sources. As a consequence, actual results may differ materially from those anticipated in the forward-looking statements. Readers are cautioned that the foregoing list of factors is not exhausted. Additional information on these and other factors that could effect the Company's operations and financial results are included in reports on file with Canadian securities regulatory authorities and may be accessed through the SEDAR website (www.sedar.com) and at the Company's website (www.sharonenergy.com). Furthermore, the forward-looking statements contained in this news release are made as at the date of this news release and the Company does not undertake any obligation to update publicly or to revise any of the included forward-looking statements, whether as a result of new information, future events or otherwise, except as may be required by applicable securities laws.

Where amounts are expressed on a barrel of oil equivalent (boe) basis, natural gas volumes have been converted to barrels of oil at six thousand cubic feet (mcf) per barrel (bbl). Boe figures may be misleading, particularly if used in isolation. A boe conversion of six thousand cubic feet per barrel is based on an energy equivalency conversion method primarily applicable at the burner tip and does not represent a value equivalency at the wellhead. References to oil in this discussion include crude oil and natural gas liquids (NGLs).

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