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BENCHMARK ENERGY CORP.

NEWS RELEASE

BENCHMARK ANNOUNCES GRANT OF STOCK OPTIONS

Calgary, Alberta, Canada, May 25th, 2006 - BENCHMARK ENERGY CORP. ("Benchmark" or the "Company" - TSX Venture: BEE) announced today that it has granted options to acquire up to 500,000 Shares to certain officers, management and consultants of Benchmark, each option having an exercise price of \$0.71 per share, expiring in five years from the date of grant, pursuant to the Corporation's stock option plan.

Benchmark Energy is a junior Canadian oil and gas exploration Company, focused internationally on North and West Africa, and also Indonesia. The Company currently has a 33.33% working interest in the Cosmos Concession in offshore Tunisia. The Company intends to further its working interests in Tunisia as well as to develop projects in marginal oil and gas fields in North and West Africa, and potentially in other regions of the world.

Certain information set forth in this press release, including a discussion of future plans and operations, contains forward looking statements that involve substantial known and unknown risks and uncertainties. These forward-looking statements are subject to numerous risks and uncertainties, some of which are beyond management's control, including but not limited to, the impact of general economic conditions, industry conditions, fluctuation of commodity prices, fluctuation of foreign exchange rates, environmental risks industry competition, availability of qualified personnel and management, stock market volatility, timely and cost effective access to sufficient capital from internal and external sources. Actual results, performance or achievement could differ from those expressed in or implied by these forward-looking statements.

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