

# **BENCHMARK ENERGY CORP. NEWS RELEASE**

---

## **BENCHMARK ANNOUNCES GRANTING OF OPTIONS**

**Calgary, Alberta, Canada, March 16<sup>th</sup>, 2007 - BENCHMARK ENERGY CORP.** ("Benchmark" or the "Company" - TSX Venture: BEE) announces that it has granted a total of 448,000 options to purchase capital stock of the Company at a price of \$1.00 for a period of five years to officers and directors of the Company, pursuant to the Company's stock option plan.

Options granted to directors and officers vest as to 1/3 of the total number of options six months after the date of grant, a further 1/3 of the total number of options one year after the date of grant, and the remaining 1/3 of the total number of options eighteen months after the date of grant.

Benchmark Energy is a junior Canadian oil and gas exploration Company, focused internationally on North and West Africa. 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 elsewhere as opportunities may arise.

### **For further information, please contact:**

#### **Benchmark Energy Corp.**

1414 Eighth Street S.W., Suite 260 Calgary, Alberta T2R 1J6 Canada

Telephone: 403.802.0770 Facsimile: 403.266.5732

David R. Robinson

President and Chief Executive Officer

[david.robinson@benchmarkenergy.com](mailto:david.robinson@benchmarkenergy.com)

- or -

#### **Noble House Capital**

Investor Relations

Telephone: 1-800-499-2388

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