

BENCHMARK ENERGY CORP. REPORTS TEMPORARY SUSPENSION OF FIELD ACTIVITIES IN COLOMBIA

Calgary, Alberta, Canada, March 5, 2008

Benchmark Energy Corp. ("Benchmark" or the "Company" - TSX Venture: BEE) reports that it has temporarily suspended the pilot project with Ecopetrol S.A. in Colombia utilizing its proprietary well-performance enhancement technology, due to security concerns in the region. The pilot project is currently being undertaken on Ecopetrol's Petrolea Field in the Catatumbo Basin, in close proximity to the border with Venezuela.

Benchmark intends to recommence the pilot project as soon as the security concerns in the area abate.

Benchmark is a junior Canadian oil and gas exploration Company, focused internationally.

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