

NEWS RELEASE
For Immediate Release
May 12, 2010
Calgary, Alberta
38,036,302 shares outstanding

**SAHARA ENERGY LTD.
(TSX Venture Exchange: SAH)**

Sahara Farmsout Blackfoot Heavy Oil Property

Calgary, Alberta (May 12, 2010) Sahara Energy Ltd. (the "Company" or "Sahara") is pleased to announce that it has entered into a Farmout and Option Agreement with Forent Energy Ltd. ("Forent") whereby Sahara agrees to farmout its Blackfoot heavy oil property located in the Lloydminster area of Alberta to Forent. The terms of the agreement include that the Farmee (Forent) shall pay 100% of the drilling, completing, and equipping cost of the Test Well, to earn 100% interest in the drilling spacing unit before payout subject to a convertible 15% gross overriding royalty payable to Sahara. At payout, Sahara shall have the option to either convert to a 50% working interest or remain in the overriding royalty position. By drilling the Test Well, Forent shall earn an additional 50% interest in 40 acres of the Farmout Lands. Forent shall have the option to drill a second well ("Option Well") under the same terms as the Test Well to earn an additional 80 acres of the Farmout Lands. The drilling of the Test Well is subject to a favourable down spacing order being granted by the Crown on the Farmout Lands.

"Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release."

FOR FURTHER INFORMATION, PLEASE CONTACT:

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