

NEWS RELEASE  
For Immediate Release  
November 5, 2009  
Calgary, Alberta

## **SAHARA ENERGY LTD.**

**(TSX Venture Exchange: SAH)**

**(U.S. Quotation: SAHRF)**

### **Change of Chief Financial Officer and Director**

**Calgary, Alberta** (November 5, 2009) – Sahara Energy Ltd. (the “Corporation”) announces that Dufton Lewis has resigned as a director and Chief Financial Officer of the Corporation to pursue other business opportunities.

David Forrest has been appointed as a director of the Corporation, to fill the vacancy created by the resignation of Dufton Lewis. Mr. Forrest is the President and Chief Executive Officer of Western Plains Petroleum Ltd., a TSX Venture Exchange listed corporation. Mr. Forrest is an independent oilman with over 15 years experience in developing and operating heavy oil plays located in the areas of Lloydminster, Alberta and Maidstone, Saskatchewan. He founded IC Energy Ltd., a private oil and gas exploration and production company, which was sold to Arsenal Energy Inc. in March, 2005. Mr. Forrest is also a founder and President of Brahma Resources Ltd., a private heavy oil producer, with operations in the Lloydminster and Maidstone areas of Saskatchewan, and was a co-founder of Gotham Resources Inc., a private oil and gas company also with production in the Lloydminster and Maidstone areas of Saskatchewan.

Douglas James has been appointed as Chief Financial Officer of the Corporation. Mr. James obtained his CMA designation in 1985 and has over 30 years of experience in the oil and gas industry as a management accountant. Most recently, in 2005, Mr. James joined HYGait Resources Ltd. as its VP Finance and CFO until October, 2007 when this private company was sold. After six months of consulting, Mr. James joined Husky Energy Inc. in April, 2008 and held the position of Team Lead, Midstream Gas Accounting until October, 2009.

#### **About Sahara Energy Ltd.**

The Corporation is a junior oil and gas company focused on the exploration and development of oil and gas in Western Canada.

***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:**

Peter J. Boswell  
President  
Sahara Energy Ltd.  
Telephone: (403) 232-1359  
Fax: (403) 232-1307  
E-mail: [pete@Saharaenergy.ca](mailto:pete@Saharaenergy.ca)