

**For Immediate Release
Calgary, Alberta**

May 14, 2008

SAHARA ENERGY LTD. ANNOUNCES CORPORATE CHANGES

CALGARY, ALBERTA – Sahara Energy Ltd. (TSX-V:SAH) ("**Sahara**" or the "**Corporation**") announces that Quentin Enns has resigned as Vice-President, Exploration of the Corporation to pursue other business opportunities. Mr. Enns is currently a director of the Corporation and will continue to act as a director of Sahara.

Sahara is also announcing that Mr. Rene La Prade has resigned as a director of Sahara in order to pursue other business opportunities. Mr. Dufton Lewis has been appointed as a director of Sahara to fill the vacancy left by Mr. LaPrade's departure. Currently Mr. Lewis is the Vice-President, Finance and Chief Financial Officer of Sahara.

The board of directors of Sahara wish to thank both Mr. Enns and Mr. LaPrade for their contributions to the Corporation and wish them the best in their future endeavours.

Sahara is also pleased to announce that Mr. Keith Miles has been appointed exploration manager for Sahara. Mr. Miles is a veteran geologist with over 35 years experience having graduated from the University of Saskatchewan in 1973, BSC Advanced, Geological Leadership award. During his career Mr. Miles has worked at Canada Cities Services and Ranger Oil Canada. He has also has been involved with the management and has help to found several junior oil and gas companies in various capacities, including as President, VP Exploration and geological consultant. Mr. Miles has extensive geological experience and expertise in Sahara's core areas of eastern Alberta and Western Saskatchewan.

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The TSX Venture Exchange, Inc. neither approved nor disapproved of the contents of this press release.