



Suite 900
Two Bentall Centre
555 Burrard Street
Vancouver, B.C.
Canada V7X 1M8
Tel: 1 604 682 6718
Fax: 1 604 682 6722
jcc4tlx@intergate.ca

NEWS RELEASE

July 19, 2007

TSX.V SYMBOL: ALZ

Aldershot Resources Ltd. (TSX-V: ALZ) – Jeremy Caddy, the President of Aldershot Resources Ltd. announces that the Company has granted stock option agreements to its directors, officers, employees and consultants of the Company to purchase up to an aggregate of 1,120,000 common shares of the Company, exercisable at the price of \$0.27 per share for five years, subject to regulatory approval.

The option agreements to be issued will be subject to the TSX four (4) month hold period and are granted in accordance with the Company's Stock Option Plan.

FOR AND ON BEHALF OF THE BOARD
ALDERSHOT RESOURCES LTD.

signed:
Jeremy Caddy
President and Director

Visit Aldershot Resources' Web-site: www.aldershotresources.com

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of the contents of this News Release. This release has been prepared by management and no regulatory authority has approved or disapproved the information contained herein. Information in this report, insofar as it relates to resources' estimation and exploration activities, is based on information compiled by Ian Faris who is the Company's senior uranium geologist and who has more than ten years experience in the field of the activity being reported on. This report accurately reflects the information compiled by this Professional Engineer.

For further information please contact:

Jeremy Caddy, President & Chief Executive Officer
Aldershot Resources Ltd.
Phone: 604-682-6718
Email: jcc4tlx@intergate.ca

Linda Armstrong, Vice President
CHF Investor Relations
Phone: 416-868-1079 ext. 229
Email: linda@chfir.com

Should you wish to receive Company news via email, please email catarina@chfir.com and specify "Aldershot News" in the subject line

About Aldershot Resources Ltd.

Aldershot Resources, based in Vancouver, Canada, is a uranium exploration company currently with projects in Northern Territory, Western Australia, Quebec and Zambia. Shares of the Company are listed for trading on the TSX Venture Exchange and there are 61,398,308 shares outstanding.

Cautionary Language and Forward Looking Statements

This press release may contain "forward-looking statements", which are subject to various risks and uncertainties that could cause actual results and future events to differ materially from those expressed or implied by such statements. Investors are cautioned that such statements are not guarantees of future performance and results. Risks and uncertainties about the Company's business are more fully discussed in the Company's disclosure documents filed from time to time with the Canadian securities authorities.