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MCDONNELL CHARLES VINCENT

Form 4 April 01, 2005

FORM 4

OMB APPROVAL

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

OMB 3235-0287 Number:

Check this box if no longer subject to Section 16.

Washington, D.C. 20549

January 31, Expires: 2005

Form 4 or Form 5

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

Estimated average burden hours per response... 0.5

obligations may continue.

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

See Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * MCDONNELL CHARLES			2. Issuer Name and Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer		
VINCENT			CANARGO ENERGY CORP [CNR]	(Check all applicable)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	•		
WOKING			(Month/Day/Year) 03/30/2005	X Director 10% OwnerX Officer (give title Other (specification) below) Chief Financial Officer		
	(Street)		4. If Amendment, Date Original Filed(Month/Day/Year)	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person		
SURREY, EN	IGLAND C	GU22 7EE		Form filed by More than One Reporting		

(City)	(State)	(Zip) Tabl	le I - Non-I	Derivative S	ecuriti	ies Acqui	red, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactic Code (Instr. 8)	4. Securitie omr Disposed (Instr. 3, 4 a	d of (D))	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock, par value \$0.10 per share (1)	03/30/2005		S	300,000	D	\$ 1.266	200,000	D	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control number.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	orDeri Secu Acqı Disp	umber of vative urities uired (A) or cosed of (D) r. 3, 4, and	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount of Number of Shares
Stock Options, right to buy (2)	\$ 0.1	03/30/2005		D		100,000	03/05/2003	03/04/2008	Common Stock	100,000
Stock Options, right to buy (3)	\$ 0.1	03/30/2005		D		100,000	03/05/2003	03/04/2008	Common Stock	100,000
Stock Options, right to buy (4)	\$ 0.1	03/30/2005		D		100,000	03/05/2003	03/04/2008	Common Stock	100,000

Reporting Owners

Reporting Owner Name / Address	Relationships							
and the second	Director	10% Owner	Officer	Other				
MCDONNELL CHARLES VINCENT								
WOKING	X		Chief Financial Officer					
SURREY, ENGLAND GU22 7EE								

Signatures

/s/: Liz Landles on behalf of Vincent McDonnell appointed under Power of Attorney dated
March 8, 2004

04/01/2005

**Signature of Reporting Person

Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) The price per share was NOK7.9948 which was equivalent to \$1.266 per share on 2005-03-31 therefore total proceeds were \$379,000
- (2) Options originally granted November 29, 2000 terms amended March 5, 2003 options exercisable immediately
- (3) Options originally granted July 9, 2001 terms amended March 5, 2003 options exercisable immediately
- (4) Options originally granted September 19, 2002 terms amended March 5, 2003 options exercisable immediately

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Reporting Owners 2

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