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McCarthy K	evin S										
Form 4	1										
May 25, 201									OMB AF	PROVAL	
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSIO Washington, D.C. 20549						OMMISSION	OMB Number:	3235-0287			
Check th if no long subject to Section 1 Form 4 o Form 5	ger 5 STATEM 16. or Filed pure	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF								Lanuary 31Expires:2005Estimated averageburden hours perresponse0.5	
obligatio may cont <i>See</i> Instru 1(b).	ns Section 17(a	a) of the l	Public U		ding Con	ipany	Act of	1935 or Section	I		
(Print or Type I	Responses)										
McCarthy Kevin S Syn RA			Symbol	ANGE RESOURCES CORP				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) (First) (Middle) 3			3. Date of (Month/E	3. Date of Earliest Transaction (Month/Day/Year) 05/23/2011				_X_Director10% Owner Officer (give titleOther (specify below) below)			
	(Street)	treet) 4. If Ame Filed(Mor			ate Original r)			6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
FORT WO	RTH, TX 76102							Form filed by M Person			
(City)	(State)	(Zip)	Tabl	le I - Non-E	Derivative S	Securi	ties Acqu	uired, Disposed of,	or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	Security (Month/Day/Year) Execution Date		n Date, if	Code (Instr. 3, 4 and 5)				5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common Stock	05/23/2011			Code V M	Amount 12,000	or (D) A	Price \$ 54.24	Transaction(s) (Instr. 3 and 4) 20,500	D		
Common Stock	05/23/2011			D	5,383	D	\$ 54.24	15,117	D		

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

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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. Transacti Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amo Underlying Secu (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	An or Nu of
Stock Appreciation Right	\$ 24.33	05/23/2011		М		12,000	05/24/2006(1)	05/24/2011	Common Stock	11

Reporting Owners

Reporting Owner Name / Address	Relationships					
1	Director	10% Owner	Officer	Other		
McCarthy Kevin S 100 THROCKMORTON, SUITE 1200 FORT WORTH, TX 76102	Х					
Signatures						
Rodney L. Waller by Power of Attorney	05/2					
**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) SARs are 100% vested upon grant and have a term of five (5) years.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.