

MANSON CREEK RESOURCES LTD.

SUITE 500, 926-5TH AVENUE S.W., CALGARY, ALBERTA, T2P 0N7
PH: 403.233.0464 FAX: 403.266.2606

NEWS RELEASE

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For Further Information Contact: **Regan Chernish at 1.403-233-0464**
Web: <http://www.manson.ca>

Manson Creek Discovers 10 New Gold Zones at Virgin Arm Newfoundland

Manson Creek Resources Ltd. ('Manson Creek') is pleased to announce the discovery of 10 new gold bearing occurrences on the Virgin Arm Project, Newfoundland. Work to date continues to demonstrate the previously unrecognized wide spread gold mineralization on the property.

Manson Creek geologists examined many of the high priority geophysical and geochemical anomalies identified in the late summer exploration program. It was found that the majority of the anomalies are located in areas of abundant vegetation and ground cover with hand dug pits revealing many of the latest discoveries in and around the priority areas (Map 1). Significant discoveries include the Lake Shore, GBY, Knob and Barney West showings. The Lake Shore showing, which is 25 meters by at least 3 meters wide before it disappears under cover, returned grab sample assays to 0.675 grams/tonne (g/t) gold. This new area is located proximal to the Hank zone. The Homer zone has been extended a further 40 meters by the discovery of the GBY showing which is over 4 meters in width with surface chip samples returning values to 0.491 g/t gold. Additional discoveries were found in a series of pits over 4.1 kilometers of strike length with further trenching required to develop a better understanding of the orientation and degree of mineralization. Prospecting the southern portion of the block resulted in two new discoveries; the Knob and Barney West which are located 430 meters east and 120 meters west of the Barney zone respectively (Map 1).

Regan Chernish, P.Geol. President of the Company commented "The discovery of 10 new gold zones on the Virgin Arm property is very significant in demonstrating the regional extent of the gold mineralization that is present. Assay values received from the surface sampling is on par with results taken in the original due diligence visit to the property. Follow up on those areas resulted in the outlining of large zones of gold mineralization with values over meter scale widths of up to 10 grams/tonne. Work planned going forward will continue to expand the open ended gold zones at Hank and Homer as well as examining and expanding the recently discovered gold zones."

Table 1. Significant New Zones

Anomaly / Zone	Status	Sample Type	Gold Grams per Tonne
Lake Shore	New Discovery	Outcrop grab	0.114 to 0.675
GBY	New Discovery	Outcrop surface chips	0.010 to 0.491
Piranha North	New Discovery	Grab sample from hand dug pit	0.197
Knob	New Discovery	Outcrop grab	0.039 to 0.127

The rock samples were delivered to Eastern Analytical Ltd. in Springdale, Newfoundland for analysis. Gold was assayed by standard fire assay methods with 30 additional elements analyzed by Induced Coupled Plasma (ICP). Laboratory duplicates and blanks were inserted in the sample series order to ensure optimum precision and accuracy.

With the November 3, 2010, \$1,058,000 financing Manson Creek is well positioned to undertake its planned 2011 Virgin Arm exploration program. The program will include detailed soil sampling, prospecting, geological mapping and trenching that will lead to diamond drilling in mid to late 2011.

Background

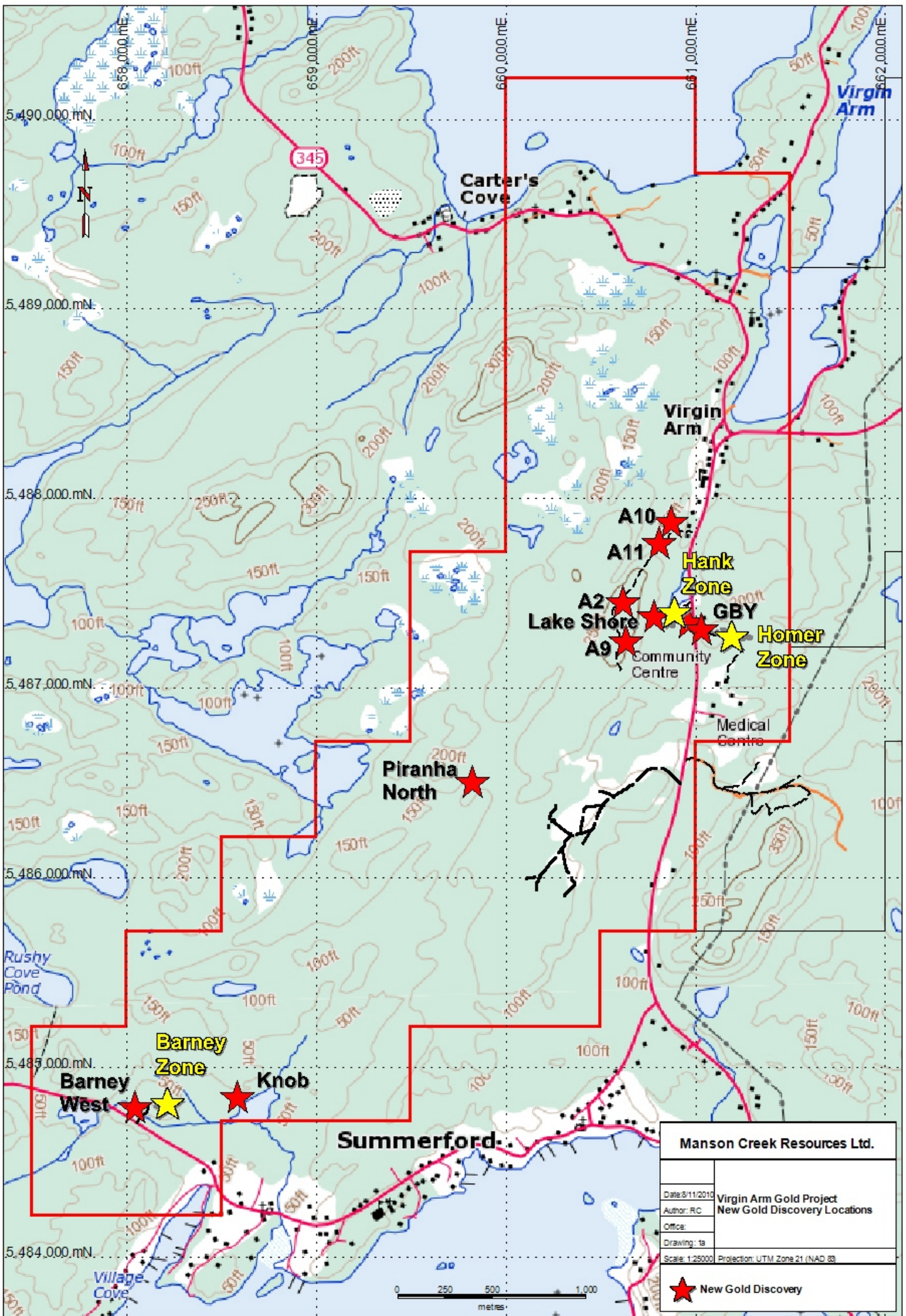
Gold has now been found in a mineralized corridor of 4.2 kilometers by up to 800 meters on the Virgin Arm property in three trenched zones; Hank, Homer, and Barney, and 10 newly discovered gold zones. Each of these zones is an excellent target for significant new gold resources with high grade gold values to 10.07 g/t found within zones of lower grade gold mineralization. The Company has demonstrated that a widespread, previously unrecognized, gold system is present at the Virgin Arm property and that there is excellent potential for the discovery of a large, bulk tonnage style gold mineralized system

The President of Manson Creek Resources Ltd., Regan Chernish P.Geol., is the Qualified Person responsible for preparation of this news release.

“Regan Chernish
Regan Chernish, P. Geol.,
President and Director

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

Except for the historical and present factual information contained herein, the matters set forth in this news release, including words such as “expects”, “projects”, “plans”, “anticipates” and similar expressions, are forward-looking information that represents management of Manson Creek’s internal projections, expectations or beliefs concerning, among other things, future operating results and various components thereof or the economic performance of Manson Creek. The projections, estimates and beliefs contained in such forward-looking statements necessarily involve known and unknown risks and uncertainties, which may cause Manson Creek’s actual performance and financial results in future periods to differ materially from any projections of future performance or results expressed or implied by such forward-looking statements. These risks and uncertainties include, among other things, those described in Manson Creek’s filings with the Canadian securities authorities. Accordingly, holders of Manson Creek shares and potential investors are cautioned that events or circumstances could cause results to differ materially from those predicted. Manson Creek disclaims any responsibility to update these forward-looking statements.



Manson Creek Resources Ltd.	
Date: 8/11/2010	Virgin Arm Gold Project
Author: RC	New Gold Discovery Locations
Office:	
Drawing: ta	
Scale: 1:25000	Projection: UTM Zone 21 (NAD 83)
 New Gold Discovery	