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NEWS RELEASE

MAY 25, 2011

News Release: **11-04**

Trading Symbol: TSX Venture-**MCK**

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Trenching Program Underway on Manson Creek's Virgin Arm Gold Project

Manson Creek Resources Ltd. ('Manson Creek') is pleased to announce that mechanized trenching and sampling has begun on the Virgin Arm gold property in Newfoundland.

Phase 1 of the 2011 Virgin Arm exploration program is complete and included a detailed 18.6 line-kilometer soil sampling program designed to further refine anomalous zones discovered by prospecting in late 2010. Phase two of the 2011 exploration program is underway and will consist of up to 16 trenches targeting gold in-soil-anomalies and the extension of known gold zones. Trenching will include detailed continuous channel sampling and geological mapping with the work focusing on extending the known gold bearing Hank and Homer zones as well as the expansion of the recently found Discovery Ridge zone.

The best gold targets will be drill tested as early as mid-July.

Virgin Arm Background

The property is located 75 kilometers from Gander, Newfoundland with gold found in a mineralized corridor of 4.2 kilometers by up to 800 meters in three trenched zones; Hank, Homer, and Barney, as well as the new Discovery Ridge area. Each of these zones is an excellent target for significant new gold resources. Samples to date have produced high grade gold values to 10.07 grams per tonne hosted within zones of lower grade gold mineralization.

Yukon

The Company is also please to announce it will commence initial exploration on its 100% owned Tell project, located contiguous with Strategic Metals Ltd. Goz claims and ATAC Resources Ltd. Rau claims, in mid to late June.

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.

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