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NEWS RELEASE

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Manson Creek Provides Exploration Update for Virgin Arm Gold Project

Manson Creek Resources Ltd. ('Manson Creek') is pleased to announce an overall average increase of 47.2% in gold grades in a selected sample set of Virgin Arm drill core samples that were re-analyzed using metallic screen analysis.

The 2011 Virgin Arm drill program results summarized in Press Release 11-12, September 7, 2011 demonstrated the high variability of the gold grades in the mineralized lithology. It is believed that this is due in part to the nuggety nature of the gold present on the property. Metallic screen analysis has proven to be effective in determining a representative grade for samples tested which contain nuggety coarse free gold. A 30 sample test group of previously fire assayed core samples was selected for re-assay using the metallic screen analysis.

The selected samples (from drill holes 2011-Ho 04, 2011-Ho 05 and 2011-Ha 07) are generally adjacent to previously announced intervals of 1.0 gram/tonne (g/t) gold to greater than 5 g/t gold. The re-assayed intervals are lithologically identical to the higher grade intervals as well as having the same style and degree of alteration of those zones yet the fire assay gold values appeared anomalously low by contrast.

The results of the re-assay averaged an overall increase of 47.2% in gold grades, specifically, 21 of the 30 samples returned an 88.9% increase in gold grades with the remaining 9 samples returning a decrease of 50.2% in gold grades. Along with the increase in gold grades a number of significantly mineralized intervals begin to emerge (Table 1).

One example of the increase is seen in 2011-Ho 05 where the updated gold assays have increased to 1.66 g/t gold from 1.46 g/t gold over the same 3.5 m interval and a significantly extended interval has emerged which averages 1.30 g/t gold over 5.5 m. Drill hole 2011-Ho 04 increased from 0.52 g/t gold to 0.77 g/t gold over 3 m. New assay values now show a 9.0 m interval of 1.04 g/t gold in hole 2011-Ho 04. The Company is greatly encouraged by the recent results with subsequent increase in gold grades and is pleased with the progression of the Virgin Arm project to date, from initial mineralized gold outcrop work to the identification of a large gold mineralized system.

Background

Gold has been identified in a mineralized corridor of 4.2 kilometers by up to 800 meters on the Virgin Arm property defined by trenching and diamond drilling. The Virgin Arm gold property 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 potential for the discovery of a large, bulk tonnage style gold mineralized system.

Table 1. Select September 7, 2011 Results with Select Metallic Screen Results

Hole Number	From (m)	To (m)	Interval (m)	Gold (g/t)	Assay Source
2011-Ho 05	54.0	55.0	1.0	5.75	September 7 Release
<i>And</i>	92.0	95.5	3.5	1.46	September 7 Release
<i>And</i>	102.8	107.6	4.8	0.66	September 7 Release
2011-Ho 05	52.0	58.0	6.0	1.15	Metallic Screen
Including	52.0	55.0	3.0	2.27	Metallic Screen
<i>And</i>	90.0	95.5	5.5	1.30	Metallic Screen
Including	92.0	95.5	3.5	1.66	Metallic Screen
<i>And</i>	102.8	107.6	4.8	0.71	Metallic Screen
2011-Ho 04	26.7	29.7	3.0	0.52	September 7 Release
2011-Ho 04	26.7	29.7	3.0	0.77	Metallic Screen
<i>And</i>	26.7	35.7	9.0	1.04	Metallic Screen

**Samples from holes 01, 02, 03 and 06 were not included in the initial batch of metallic screen work.*

Total pulp metallic analysis

Total pulp metallic analysis involves crushing the entire sample to -10 mesh and pulverizing 95% -150 mesh. The total sample is then weighed and screened to 150 mesh. The +150 mesh fraction is fire assayed for gold, and a 30 gram sample of the -150 mesh fraction is fire assayed for gold. A calculated weighted average of the total gold in the sample is then calculated.

The NQ sized drill core samples were delivered to Eastern Analytical Ltd. in Springdale, Newfoundland for analysis. The original assay work had gold assayed by standard fire assay methods with 30 additional elements analyzed by Induced Coupled Plasma (ICP). Duplicates and blanks were inserted in the sample order to ensure optimum precision and accuracy.

The President of Manson Creek Resources Ltd., Regan Chernish P.Geol., is the Qualified Person responsible for the design and implementation of the Field Programs as well as the 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.