

MANSON CREEK RESOURCES LTD.

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NEWS RELEASE

DECEMBER 21, 2007

News Release: **07-19**

Symbol: TSX Venture-MCK

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Manson Creek Grants Options

Manson Creek Resources Ltd. has granted, under its 2007 Stock Option Plan, options to its directors, officers, and an employee to purchase up to 1,025,000 common shares for a period of five years commencing on December 21, 2007 at an exercise price of \$0.10 per share, subject to regulatory approval.

“Regan Chernish”

Regan Chernish
President and Director

No Canadian Stock Exchange has approved nor disapproved of the information contained herein.

All statements, other than statements of historical fact, in this news release are forward-looking statements that involve various risks and uncertainties, including, without limitation, statements regarding the potential extent of mineralization and reserves, exploration results and future plans and objectives of Manson Creek Resources Ltd. These risks and uncertainties include, but are not restricted to, the amount of geological data available, the uncertain reliability of drilling results and geophysical and geological data and the interpretation thereof and the need for adequate financing for future exploration and development efforts. There can be no assurance that such statements will prove to be accurate. Actual results and future events could differ materially from those anticipated in such statements. These and all subsequent written and oral forward-looking statements are based on the estimates and opinions of management on the dates they are made and are expressly qualified in their entirety by this notice. The Company assumes no obligation to update forward-looking statements should circumstances or management's estimates or opinions change.