

MANSON CREEK RESOURCES LTD.

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

NEWS RELEASE

JANUARY 21, 2011

News Release: 11-01

Trading Symbol: TSX Venture-MCK

For Further Information Contact:

Regan Chernish at 1.403.233.0464

Web: <http://www.manson.ca>

Manson Creek Showcases Virgin Arm Gold Project in Vancouver

Manson Creek Resources Ltd. ('Manson Creek') is pleased to announce it will have a poster and rock display featuring the Virgin Arm gold project at the Mineral Exploration Roundup in Vancouver, January 24th to 27th, 2011. The display will be located in the Newfoundland and Labrador Rock Room located in the Cowichan and Coquitlam Rooms on the upper level at the Westin Bayshore, Vancouver. We invite you to stop by to visit our display, meet management, and discuss our aggressive exploration plans for 2011.

Virgin Arm Background

Gold has been found in a mineralized corridor of 4.2 kilometers by up to 800 meters on the road accessible Virgin Arm property in three trenched zones; Hank, Homer, and Barney, and 10 recently discovered gold zones. 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 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 on which there is excellent potential for the discovery of a large, bulk tonnage style gold deposit.

"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.