

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

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For Further Information Contact:

Regan Chernish at 1.403.233.0464

Exploration Underway on Meridian Gold Project

Manson Creek Resources Ltd. ('Manson Creek') is pleased to announce that exploration work has commenced on its Meridian gold project, located 45 kilometers south east of Revelstoke, British Columbia. This road accessible property hosts 5 past producing gold mines that are the focus of the current detailed sampling and mapping program.

The systematic mapping and sampling program will examine many of the historical underground workings as well as surface areas of interest. Results of the program will provide further details on the distribution of, and structural controls on, gold mineralization within this laterally extensive gold system.

To date, Manson Creek has outlined a gold mineralized system over an area of 1,100 meters by 860 meters that remains open along strike and to depth. Significant gold assays, in drill core and surface samples in the 2008 program, ranged from 2 grams/tonne (g/t) to 194 g/t gold. The grades and spatial extent of the system lend support to the presence of an excellent exploration target adjacent to the historic mines.

Corporate Update

The Company has terminated the Molygarchy molybdenum option agreement and returned the property to the vendor. Additionally, Manson Creek has reached an agreement with the CR copper – molybdenum project vendor whereby the vendor will grant the Company a one year extension, to June 30, 2010, to make its final cash payment. Upon regulatory approval, the Company will issue an additional 100,000 of its common shares to the vendor in consideration for the granting of this extension.

“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.

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 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.