

# MANSON CREEK RESOURCES LTD.

Suite 500, 926-5<sup>th</sup> AVENUE S.W., CALGARY, ALBERTA, T2P 0N7  
PH: 403.233.0464 FAX: 403.266.2606 WWW.MANSON.CA

---

**NEWS RELEASE 10-08**

**OCTOBER 21, 2010**

Symbol: TSX Venture-MCK

For Further Information Contact:

**Regan Chernish at 1.403.233.0464**

---

## **Manson Creek Commences Exploration and Receives Grant from Newfoundland Government**

Manson Creek Resources Ltd. ('Manson Creek') is pleased to announce that the fall exploration program is underway on its Virgin Arm gold project, Newfoundland. Manson Creek personnel are currently following up on high priority geophysical anomalies outlined during the late summer ground magnetic geophysical survey.

Detailed examination of these areas will be comprised of prospecting, geological mapping and sampling where possible. This prospecting and sampling program will evaluate and prioritize numerous geophysical targets with coincident anomalous arsenic +/- gold in soil anomalies. In preparation for the next round of work, extensions to the open-ended gold mineralization identified during the spring trenching program on the Hank and Homer Zones will be defined and trenching locations for priority zones will be laid out.

In addition, the Company has received a payment of \$22,709 from the Newfoundland and Labrador Department of Natural Resources Mineral Incentive Program. The Junior Exploration Assistance Grant program returns up to 50% of eligible exploration expenditures to the Company. Manson Creek will use the refund to further exploration on the Virgin Arm gold project. The Grant Program has enabled the Company to control exploration dollars during challenging market conditions and conduct significantly more exploration than would have been possible otherwise.

**Background** - Gold mineralization has been found over 3.7 kilometers on the Virgin Arm property in three zones; Hank, Homer, and Barney. Each of these zones is an excellent target for significant new gold resources with high grade gold values to 10.07 grams per tonne (g/t) found within zones of lower grade gold mineralization. Nine trenches were completed in the course of the May 2010 program with mineralization remaining open along strike and to depth in each of the zones.

A compilation of historic geochemical data and current magnetic geophysical data has outlined numerous unexplained gold +/- arsenic in soils anomalies coincident with magnetic features. One prospective zone strikes for 1.9 kilometers sub-parallel to the Hank zone, which returned the highest gold assay from the spring program of 10.07 g/t over 1.12 meters, hosted within a broader zone of 3.44 g/t over 3.50 meters. Numerous other anomalies occur proximal to trenched gold zones in both the Hank and Homer areas.

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

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.

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.