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NEWS RELEASE

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Manson Creek Resources Exploration Update

Manson Creek Resources Ltd. ('Manson Creek') is pleased to provide an exploration update on the Company's October activities. Considerable progress has been made in sourcing a drill contractor for the Meridian project while the Company continues to await receipt of the Black Lake drill core assay results.

The Meridian gold-silver project, located south of Revelstoke, British Columbia, is drill ready with the drill roads and pads in place. Proposed diamond drilling will target areas proximal to many of the historical mines that were operational early in the 20th century. Manson Creek personnel will be on site next week to evaluate the feasibility of initiating a drill program in the coming weeks.

The Black Lake property, located in northern Saskatchewan, was the focus of a 1,498 meter diamond drilling program that targeted two significant target areas, Charlebois Lake and the A Zone, which encompassing outcropping radioactive pegmatite.

The Charlebois Lake Zone, a radiometric anomaly with a strike length in excess of two kilometers was examined with two drill holes. These drill holes, totaling 782 meters, tested several significant zones along the strike of the anomaly. The first drill hole examined a large, anomalously mineralized pegmatite exposed in outcrop over an area approximating 150 meters by 80 meters. The second drill hole stepped out 480 meters along strike to the east and cut numerous pegmatite dykes comprising the Charlebois Lake anomaly.

The A Zone is a 200 meter by 250 meter area containing significant volumes of radioactive pegmatite. Three drill holes, totaling 716 meters, tested the A Zone in areas where grab samples returned values of 0.108% to 0.589% U₃O₈ and 0.077% to 0.302% molybdenum (Mo).

The drill core samples were delivered to the assay laboratory on August 29, 2007. The lab is experiencing significant sample volumes, which has resulted in long processing delays. The Company is eagerly awaiting the assay results.

Manson Creek

Manson Creek Resources Ltd. is a mineral exploration company with a focus on acquiring and advancing early stage Gold, Silver, Uranium, and Base Metal projects located in western Canada.

The Manson Creek technical team of professional geologists has assembled a comprehensive portfolio of uranium, precious and base metal projects in Saskatchewan, British Columbia, and the Yukon.

"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.