Appendix 3Y

Change of Director's Interest Notice

Information or documents not available now must be given to ASX as soon as available. Information and documents given to ASX become ASX's property and may be made public. Introduced 30/9/2001.

Name of entity	/ TASMAN RESOURCES LTD
ABN 85	5 009 253 187

We (the entity) give ASX the following information under listing rule 3.19A.2 and as agent for the director for the purposes of section 205G of the Corporations Act.

Name of Director	Mr Douglas Howard Solomon
Date of last notice	23 June 2009

Part 1 - Change of director's relevant interests in securities

In the case of a trust, this includes interests in the trust made available by the responsible entity of the trust

Direct or indirect interest	Direct		
	Indirect		
Nature of indirect interest (including registered holder) Note: Provide details of the circumstances giving rise to the relevant interest.	March Bells Pty Ltd (Family Trust) March Bells Pty Ltd atf Douglas H Solomon Superannuation Fund		
Date of change	20 November 2009		
No. of securities held prior to change	Direct	300,785 Ordinary Shares 63,544 31 Dec 2009 Options 60,157 30 June 2012 Options	
	Indirect	27,550,715 Ordinary Shares 5,803,502 31 Dec 2009 Options 5,510,144 30 June 2012 Options	
Class	Options expiring 20	0/11/2012 exercisable at 16.875 cents	
Number acquired	Direct 1,000,000		
Number disposed	Nil		
Value/Consideration Note: If consideration is non-cash, provide details and estimated valuation	Nil		
No. of securities held after change	Direct	300,785 Ordinary Shares 63,544 31 Dec 2009 Options 60,157 30 June 2012 Options 1,000,000 20 Nov 2012 Options	
	Indirect	27,550,715 Ordinary Shares 5,803,502 31 Dec 2009 Options 5,510,144 30 June 2012 Options	

Nature of change Opt	tions issued pursuant to AGM approval.
Example: on-market trade, off-market trade, exercise of options, issue of securities under dividend reinvestment plan, participation in buy-back	

Part 2 – Change of director's interests in contracts

Detail of contract	
Nature of interest	
Name of registered holder	
(if issued securities)	
Date of change	
No. and class of securities to which interest	
related prior to change	
Note: Details are only required for a contract in relation to which the interest has changed	
Interest acquired	
Internet disposed	
Interest disposed	
Value/Consideration	
Note: If consideration is non-cash, provide details and an estimated valuation	
Interest after change	