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ASX RELEASE / MEDIA RELEASE

**RESULTS FROM EXPLORATION PROGRAM
HIGH-GRADE GOLD AT ULUGTAU, DJINGILSAI**

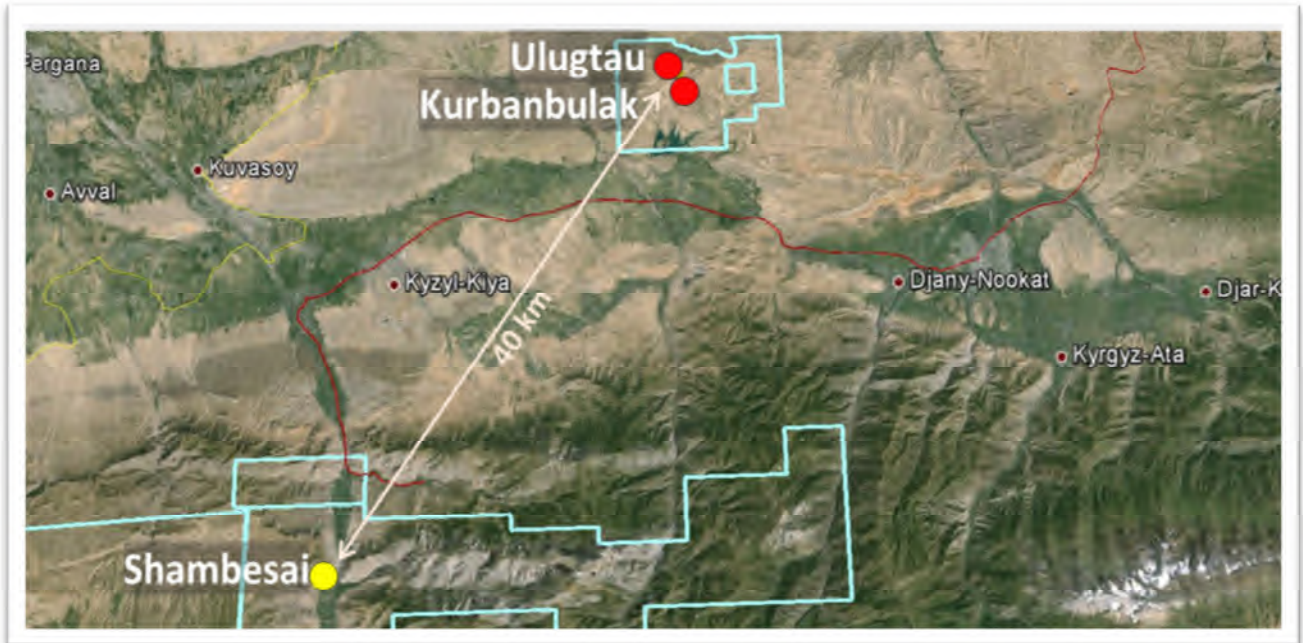
Manas Resources Limited (**ASX-MSR**) is pleased to report results from a trenching and drilling program at the Ulugtau Prospect on its 100%-owned Djilginsai License in the Kyrgyz Republic, Central Asia. Ulugtau is located on the Djilginsai License, approximately 40km from the Company's 100%-owned Shambesai Gold Project.

High-grade trench results of **7m at 5.27g/t gold**, including 3m at 10g/t gold, and **6m at 10.35g/t gold**, including 3m at 18.7g/t gold, were returned from trenches designed to assist with interpreting the orientation of mineralisation identified by previous drilling, which included results of 10.8m at 13.23g/t gold from 29.2m. Significant grade has now been found on surface in strongly altered silica within siltstones and sandstones between the two new trenches and the 2009 drill hole over a strike length of 200m.

TRENCH	EAST m	NORTH m	RL m	LENGTH	AZIM °	INCL °	FROM m	TO m	INTER. m	GOLD g/t
JUT008	276558	4473511	1409	17.7	195	20	<i>No significant intersect</i>			
JUT009	276495	4473605	1404	13.0	220	5	<i>No significant intersect</i>			
JUT010	276293	4473691	1439	39.0	40	-10	6	13	7	5.27
<i>and</i>							20	26	6	10.53
<i>incl.</i>							21	24	3	18.67
JUP001	274882	4473411	1342	20.0	270	-10	<i>No significant intersect</i>			

A small program of follow-up drilling after the trenching was completed returned no significant results but showed the mineralisation to be at a perpendicular orientation and in a different setting to the Shambesai-Obdilla model. Follow-up mapping will now be undertaken to ensure the next phase of drilling will properly test the mineralised zone.

Drilling is nearing completion at the Obdilla prospect, 7km from Shambesai, and a drilling program is scheduled to commence at Shambesai later this quarter.



Ulugtau Gold Prospect on the Djlilginsai License

Details of the Manas Resources 100%-owned Kyrgyz Gold Projects can be found at the Company's website www.manasresources.com

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COMPETENT PERSONS STATEMENT

The information in this report that relates to Ore Reserves, Mineral Resources and Exploration Results is based on information compiled by Mr Stephen Ross. Mr Ross is the Managing Director of Manas Resources Limited. Mr Ross is a Member of The Australasian Institute of Mining and Metallurgy and has sufficient experience which is relevant to the style of mineralisation and type of deposit under consideration and to the activity which he is undertaking, to qualify as a Competent Person as defined in the 2004 Edition of the 'Australasian Code for Reporting of Exploration Results, Mineral Resources and Ore Reserves'. Mr Ross consents to the inclusion in the report of the matters based on information in the form and context in which it appears.

Statements regarding Manas Resources' plans with respect to its mineral properties are forward-looking statements. There can be no assurance that Manas Resources' plans for development of its mineral properties will proceed as currently expected. There can also be no assurance that Manas Resources' will be able to confirm the presence of additional mineral deposits, that any mineralisation will prove to be economic or that a mine will successfully be developed on any of Manas Resources' mineral properties.
