

STINA RESOURCES LTD.

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TSX:V– “SQA”
12g3-2(b): 82-2062
Shares Issued: 11,828,467
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July 7, 2008

NEWS RELEASE

STINA RECEIVES APPROVAL OF OPTION AGREEMENT ON REMAINING 50% OF BISONI MCKAY PROPERTY AND COMPLETES DEAL

Mr. Gresko reports:

The Company is pleased to announce that the TSX Venture Exchange has approved the Option Exercise Agreement with Vanadium International Corp. (“Vanadium”) proposed in the news release dated May 15, 2008. In exercising this option to earn a 50% interest in the Bisoni MacKay Vanadium Property located in Nye County, Nevada, USA (the “Property”), the Company issued 800,000 shares to Vanadium.

Pursuant to the Option Exercise Agreement, the Company further agreed to purchase the remaining 50% interest in the Property for a purchase price of US\$2,000,000. The Company has issued 1,995,600 shares at a deemed price of \$1.00 per share to Vanadium as payment of the US\$2,000,000 purchase price (based on a deemed exchange rate of Cdn\$1.00; US\$1.0022). These shares are subject to a 4 month hold period.

Subsequent to the issuance of the 2,795,600 total shares to Vanadium, Vanadium now has control and direction over a total of 3,384,600 shares (representing 23.14% the outstanding shares) of the Company.

Stina now has a 100% interest in the Bisoni McKay property subject to a 2.5% net smelter interest in favor of Dennis La Prairie.

About the Bisoni McKay Vanadium Property

The Bisoni McKay Property is a 764 acre vanadium project located approximately 32 miles southeast of Eureka, Nevada. Stina has spent approximately \$710,396 on the property in completing Phase I which included drilling a total of 5 core holes and 11 reverse circulation holes as well as preliminary metallurgical testing at Hazen Research in Golden, CO. These preliminary tests indicated recoveries of up to 95% extraction of vanadium on oxidized ore using an acid/ pug leaching system, and up to 74% from carbonaceous ore using a salt roasting/ leaching method on material obtained from 2005 Bisoni McKay property drilling

Initiating Phase II in 2007, the Company drilled 12 of the reverse circulation holes on the northern half of Northern Section “A” of the property, resulting in a 100 x 800 foot grid on which the Company’s first resource estimate was conducted in December 2007 by Maptek PTY of Lakewood, CO. On this 800 sq ft subsection alone, indicated resources under NI 43-101 standards were estimated at 10.6M st at an average grade of 0.39% under a cutoff grade of 0.2%, and 8.07M st at an average grade of 0.43% under a cutoff grade of 0.3%.

The Company is currently arranging financing to complete Phase II, which includes an additional 34 reverse circulation holes and 11 core holes on Northern Section “A” with minimum 110 foot step-outs to provide a grid for the entire section and increase the NI 43-101 indicated resource estimates, as well as potentially establish measured resource estimates. Also included in Phase II is further metallurgical testing to refine recovery processing, a scoping study, a preliminary assessment study and 5 additional reverse circulation holes on Southern Section “C” of the property. Total costs to complete Phase II are estimated at CAD \$1.14M.

Ed Ullmer, P. Geo of Westminster, CO. is a designated Qualified Person for the Company and was responsible in part for the Technical Report, subsequent amendments, preparation and review of this news release.

For further information please call **1-800-545-9940** or **1-800-882-3213**. Our website is **www.stinaresources.com**

On behalf of the Board of Directors,
Edward Gresko, President

THE TSX VENTURE EXCHANGE HAS NOT REVIEWED AND DOES NOT ACCEPT RESPONSIBILITY FOR THE ADEQUACY OR ACCURACY OF THIS NEWS RELEASE.