

STINA RESOURCES LTD.

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GRANT OF OPTIONS

March 17, 2011

Symbol: SQA

Stina Resources Ltd. (the “Company”) wishes to announce that it has entered into a stock option agreement granting the right and option to purchase 250,000 shares of the Company at \$0.33 per share exercisable in whole or in part on or before five years from March 17, 2011.

STINA RESOURCES LTD.

Per: “*Jim Wall*”
Jim Wall, Director

Neither TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.