

STINA RESOURCES LTD.

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February 2, 2010

TSX:V – “SQA”

12g3-2(b): 82-2062
Shares Issued – 20,458,643
February 2, 2010 close: \$0.38

STINA ANNOUNCES DIME PROPERTY AGREEMENT ACCEPTED BY TSX VENTURE EXCHANGE

Stina Resources Ltd. (The “Company” or “Stina”) is pleased to announce that the TSX Venture Exchange has accepted for filing a property option agreement dated July 23, 2009, between Ryanwood Exploration Inc. and Stina. Stina has acquired the option to earn a 100-per-cent interest subject to a 2-per-cent net smelter return royalty, in the Dime property located in the Dawson mining district, Yukon territory. To earn its interest the company must pay \$600,000 and issue 1.25 million shares over four years as follows:

- \$125,000 and 250,000 shares upon exchange acceptance;
- \$125,000 and 200,000 shares by June 26, 2010;
- \$100,000 and 300,000 shares by June 26, 2011;
- \$100,000 and 300,000 shares by June 26, 2012;
- \$150,000 and 250,000 shares by June 26, 2013.

The company must also spend \$1.6-million on exploration of the property over four years as follows:

- \$100,000 by Nov. 15, 2009;
- \$250,000 by Nov. 15, 2010;
- \$500,000 by Nov. 15, 2011;
- \$750,000 by Nov. 15, 2012.

The company can purchase half of the net smelter return royalty for \$2-million.

The Geo Technical Report outlines a two stage exploration program on the Dime Property, which the Company plans to initiate this spring. The report is available on the Company’s website and at www.sedar.com

The Dime property is located 42 kilometres northwest of Underworld’s White Gold project and covers a well-known placer gold creek called Ten Mile. Ten Mile creek has produced coarse placer gold since the turn of the century and the placer deposits are believed to be locally derived. In 1998 Teck Corp. staked the ground surrounding two placer gold districts in the Dawson area. One was the area now covered by Underworld’s White Gold property and the second one was a claim package in the Ten Mile Creek area. Teck worked on both properties for two or three seasons and successfully identified several promising targets; however, the company changed its focus in 2000 and dropped all their gold exploration efforts in the Dawson area.

Shawn Ryan, a local prospector from Dawson City, Yukon, and the principal of Ryanwood Exploration, understood the significance of Teck regional exploration work and staked the Dime claims to cover a large co-incident gold and arsenic soil anomaly that was never followed up.

Teck's data show that there is a broad anomalous zone that appears to straddle the southern boundary of the Dime claims and the adjacent property held by Solomon Exploration Ltd. The Company has already initiated discussions with Solomon regarding a joint work program on the target.

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

We will be at the PDAC Trade Show in Toronto from March 7 – 10, 2010. Our booth number is 3333, near the Underworld booth. We encourage those attending the show to stop by for a presentation.

On behalf of the Board of Directors,

Rod Sinn,
President

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