

STINA RESOURCES LTD.

Ste 717 – 165 LaRose Ave.

Etobicoke, ON M9P 3S9

Tel. 800-545-9940

October 20, 2009

TSX:V- “SQA”

12g3-2(b): 82-2062

Shares Issued – 15,285,567

October 19, 2009 close: \$0.43

STINA OPTIONS ZEIBRIGHT GOLD PROPERTY ON EARN IN WORK PROGRAM

Stina Resources Ltd. (the “Company” or “Stina”) is pleased to announce that it has entered into a sub-option agreement with Gordon Lee (the “Optionee”) of Las Vegas, NV, who has the right to earn 70% of the Zeibright Gold Property (the “Property”) from the Company by conducting US\$2 million dollars of exploration work on the property over four years.

Stina originally entered into an option agreement for 100% of the Zeibright Property on February 18, 2009, with Steephollow Resources Inc. (“Steephollow”) of Nevada. The agreement with Steephollow called for expenditures of \$100,000 in exploration work on the Property within two years, and payment of 1 million common shares to Steephollow by the Company. Stina and Steephollow have now agreed to transfer the option to the Optionee with the understanding that exploration work expenditures conducted under this new agreement will be applied towards Stina’s expenditure obligation to Steephollow. Stina will still be required to pay to Steephollow 1 million common shares. There will be no shares exchanged between Stina and Optionee.

The US\$2,000,000 required to be expended on exploration and development of the Property by the Optionee shall be expended according to the following schedule:

The expenditure of \$200,000 on exploration and development of the Claims by February 18, 2010

The expenditure of \$300,000 on exploration and development of the Claims by February 18, 2011

The expenditure of \$500,000 on exploration and development of the Claims by February 18, 2012

The expenditure of \$1,000,000 on exploration and development of the Claims by February 18, 2013

Stina maintains the right to buy back a 20% interest in the Property for the payment of \$500,000 within ninety (90) days after the Optionee has exercised its option.

The claims are subject to a 2% net smelter royalty (“NSR”) in favour of Dennis La Prairie as further described in an agreement dated for reference February 18, 2009 between Stina and Steephollow. The NSR may be bought back for \$1,000,000 for each 1%. Stina and the Optionee shall both have the right to buy such 1% NSR proportional to their respective percentage holdings in the Property as at the date of receipt by Dennis La Prairie of the written notice to purchase such NSR interest.

On behalf of the Board of Directors

Edward Gresko, President

Stina Resources Ltd.

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