



***TSX Venture Exchange symbol FNR
June 21, 2010***

49 NORTH RESOURCES INC. GRANTS STOCK OPTIONS

SASKATOON, SASKATCHEWAN – (Marketwire – June 21, 2010) The board of directors of 49 North Resources Inc. (“49 North”) (TSX Venture: FNR) has approved a grant of 20,000 stock options pursuant to the company’s 2008 Stock Option Plan. All of the 20,000 options were granted to a director of 49 North. The options are exercisable at \$2.35 per share, and if not exercised, expire June 18, 2020, subject to earlier expiration in accordance with the 2008 Stock Option Plan and applicable policies of the TSX Venture Exchange.

49 North Resources Inc. is a resource investment, financial and managerial advisory and merchant banking company that invests in the Canadian resource sector, with an emphasis on junior and intermediate mineral and oil and gas exploration companies with activities in Saskatchewan. Additional information about the company is available at www.sedar.com.

For more information contact:

49 North Resources Inc.
Tom MacNeill
President and Chief Executive Officer
306-653-2692 or ir@fnr.ca.

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.