



***TSX Venture Exchange symbol FNR
March 25, 2010***

49 NORTH RESOURCES INC. GRANTS STOCK OPTIONS

SASKATOON, SASKATCHEWAN - (Marketwire – March 25, 2010) The board of directors of 49 North Resources Inc. (“49 North”) (TSX Venture: FNR) today approved a grant of 280,000 stock options pursuant to the company’s 2008 Stock Option Plan. 195,000 of the options were granted to directors and executive officers with the balance granted to employees. The options are exercisable at \$2.35 per share, and if not exercised, expire March 25, 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.

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