



***TSX Venture Exchange symbol FNR
September 10, 2009***

49 NORTH RESOURCES INC. GRANTS STOCK OPTIONS

SASKATOON, SASKATCHEWAN - (Marketwire – September 10, 2009) The board of directors of 49 North Resources Inc. (“49 North” or the “Company”) today approved the grant of 25,000 stock options pursuant to the Company’s 2008 Stock Option Plan. All of the options were granted to a director. The options are exercisable at \$2.38 per share and, if not exercised, expire September 9, 2019, subject to earlier expiration in accordance with the 2008 Stock Option Plan and applicable policies of the TSX Venture Exchange.

49 North 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 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.
Andrea Davidson
Investor Relations
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.