



CHAMPION BEAR RESOURCES LTD.

NEWS RELEASE

CHAMPION BEAR GRANTS SHARE OPTIONS

Calgary, Alberta (TSX Venture: CBA), March 2, 2010 – Champion Bear Resources Ltd. ("**Champion Bear**" or the "**Company**") has granted options to acquire an aggregate of 176,000 common shares of Champion Bear to the Chairman and President of the Company (at an exercise price of \$0.20 per share until March 2, 2015). The options vest as to one-third thereof on each of the six, 12 and 18 month anniversaries of the date of the grant.

For further information, please contact: Richard D. Kantor, Chairman and President of Champion Bear Resources Ltd. at Phone: (403) 229-9522 or Fax: (403) 229-9518. Champion Bear's website is www.championbear.com.

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release.