

**Canstar Resources Inc.**

TSX VENTURE: **ROX**



**August 19, 2009 09:54**

### **EXTENSION OF TIME GRANTED FOR MARY MARCH DECISION**

The Canstar Board of Directors has been advised by legal counsel that the Mineral Rights Adjudication Board has requested and received from the Newfoundland and Labrador Ministry of Natural Resources, an extension of time to complete its decision in the dispute between the Mineral Recorder's Office and Vinland Resources on Canstar's Mary March mineral property in the Buchans area.

The Adjudication Board has indicated that they will have a decision out before the end of October.

Harry Hodge, P.Eng., Canstar Chairman, states, "Naturally we are disappointed with this delay since it will temporarily set back our exploration plans for the highly prospective Mary March property. However, we believe that the additional time strengthens Canstar's case for a final, positive decision."

On behalf of the Board of Directors,

Harry J. Hodge, P.Eng.

No stock exchange, securities commission or other regulatory authority has approved or disapproved the information contained herein. This News Release includes certain "forward-looking statements". All statements other than statements of historical fact, included in this release, including, without limitation, statements regarding potential mineralization and reserves, exploration results and future plans and objectives of Canstar, are forward-looking statements that involve various risks and uncertainties. There can be no assurance that such statements will prove to be accurate and actual results and future events could differ materially from those anticipated in such statements. Important factors that could cause actual results to differ materially from Canstar's expectations are exploration risks detailed herein

and from time to time in the filings made by Canstar with securities regulators.

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

**For more information, please contact**

Canstar Resources Inc.

Karen Willoughby

Manager, Corporate Affairs

1-866-365-4724

Email: [kwilloughby@canstarresources.com](mailto:kwilloughby@canstarresources.com)

or

Canstar Resources Inc.

Harry J. Hodge, P.Eng.

Chairman

(416) 363-4376

Email: [hjhodge@geocanex.com](mailto:hjhodge@geocanex.com)

Website: [www.canstarresources.com](http://www.canstarresources.com)