



NEWS RELEASE No. 07, 2011

SONA RELEASES FINAL 2010 DRILL RESULTS FROM ELIZABETH GOLD DEPOSIT PROPERTY

Hole E10-69 final composite assay of 77.9g Au/t over 5.3 metres

VANCOUVER, March 30, 2011 – Sona Resources Corp. (the “Company” or “Sona”; TSXV – SYS, Frankfurt-QS7) is pleased to release the final assay results from the 2010 diamond drill program at its Elizabeth Gold Deposit Property.

Seven composite assay results from the 2010 drill program have been revised through re-assaying of samples and the inclusion of check samples. The final results are incorporated in the complete table of composite assays listed below (all changes italicized). The laboratory incorrectly handled two samples from drill hole E10-69, and as a result the interval and the composite assay interval increased from 4.0 to 5.3 metres, while the grade decreased from 85.4g Au/t to 77.9g Au/t.

Hole No.	From (m)	To (m)	Core Length (m)	Gold (g Au/t) Original	Gold (g Au/t) Final
E10-51	177.01	177.70	0.7	10.3	10.4
E10-52	51.91	52.82	0.9	134.9	134.9
E10-53	55.06	60.32	5.3	0.7	0.7
including	55.06	55.83	0.8	2.0	2.2
including	57.71	58.57	0.9	1.6	1.6
	156.88	160.95	4.1	0.7	0.7
including	156.88	158.95	2.1	0.9	0.9
including	160.45	160.95	0.5	1.6	1.6
E10-54	65.16	67.16	2.0	7.2	7.2
E10-55	70.24	72.28	2.0	2.0	2.0
	73.93	76.40	2.5	12.5	12.5
E10-56	55.33	56.05	0.7	1.1	1.2
E10-57	Lost hole in overburden				
E10-58	206.40	210.43	4.0	0.8	0.8
including	207.80	209.80	2.0	1.0	1.0
including	225.61	225.95	0.3	54.7	54.7
E10-59	91.93	92.75	0.8	49.3	57.5
	104.94	106.43	1.5	3.1	3.0
	111.44	112.49	1.1	1.3	1.3

Hole No.	From (m)	To (m)	Core Length (m)	Gold (g Au/t) Original	Gold (g Au/t) Final
E10-60	203.60	204.58	1.0	9.3	10.6
E10-61	No significant assays in quartz vein				
E10-62	245.97	246.97	1.0	0.7	0.7
E10-63	No significant assays in quartz vein				
E10-64	No significant assays in quartz vein				
E10-65	105.77	112.46	6.7	6.5	6.5
including	105.77	106.25	0.5	70.6	70.6
including	105.77	107.55	1.8	21.3	21.3
E10-66	122.28	123.82	1.5	17.4	19.0
including	122.78	123.32	0.5	39.9	44.2
E10-67	118.00	120.50	2.5	96.4	109.5
including	118.50	119.50	1.0	222.0	254.4
E10-68	No significant assays in quartz vein				
E10-69	91.62	92.62	1.0	42.5	<i>nil/lab error</i>
	95.07	100.13	5.1	85.4	77.9
including	96.10	97.64	1.5	195.0	191.2
E10-70	No significant assays in quartz vein				
E10-71	6.47	7.51	1.0	2.6	2.6
	129.90	130.74	0.8	0.7	0.7
E10-72	Did not intersect target				
E10-73	197.07	203.30	6.2	0.3	0.4
including	201.79	203.30	1.5	0.5	0.8
E10-74	197.31	199.36	2.1	0.5	0.5
E10-75	176.01	178.50	2.5	1.4	1.4
	190.42	191.38	1.0	1.4	1.4

Drill core was logged and split on site, and half-core samples were analyzed using metallic screening gold fire assaying and 30-element ICP multi-acid digestion, at the independent EcoTech Laboratory in Kamloops, B.C. A QA/QC program consisting of duplicate samples, insertion of known standards, and check assaying was employed.

The results of the 2010 surface diamond drilling program at the Elizabeth Gold Deposit Property have not yet been included in the official resource numbers. Sona intends to incorporate them, along with the results from the upcoming 2011 underground and surface exploration programs, into a new NI 43-101 resource report to be released in the fall of this year.

The content of this news release has been reviewed by John P. Thompson, P.Eng., a Qualified Person for the purposes of NI 43-101, with the ability and authority to verify the authenticity and validity of the data.



0 40 80 120 200 km

**Elizabeth Property
Location Map**

Lillooet Mining Division, BC

March 22, 2011 - Drawn By: PD



Blackdome Gold Mine

Elizabeth Gold Deposit

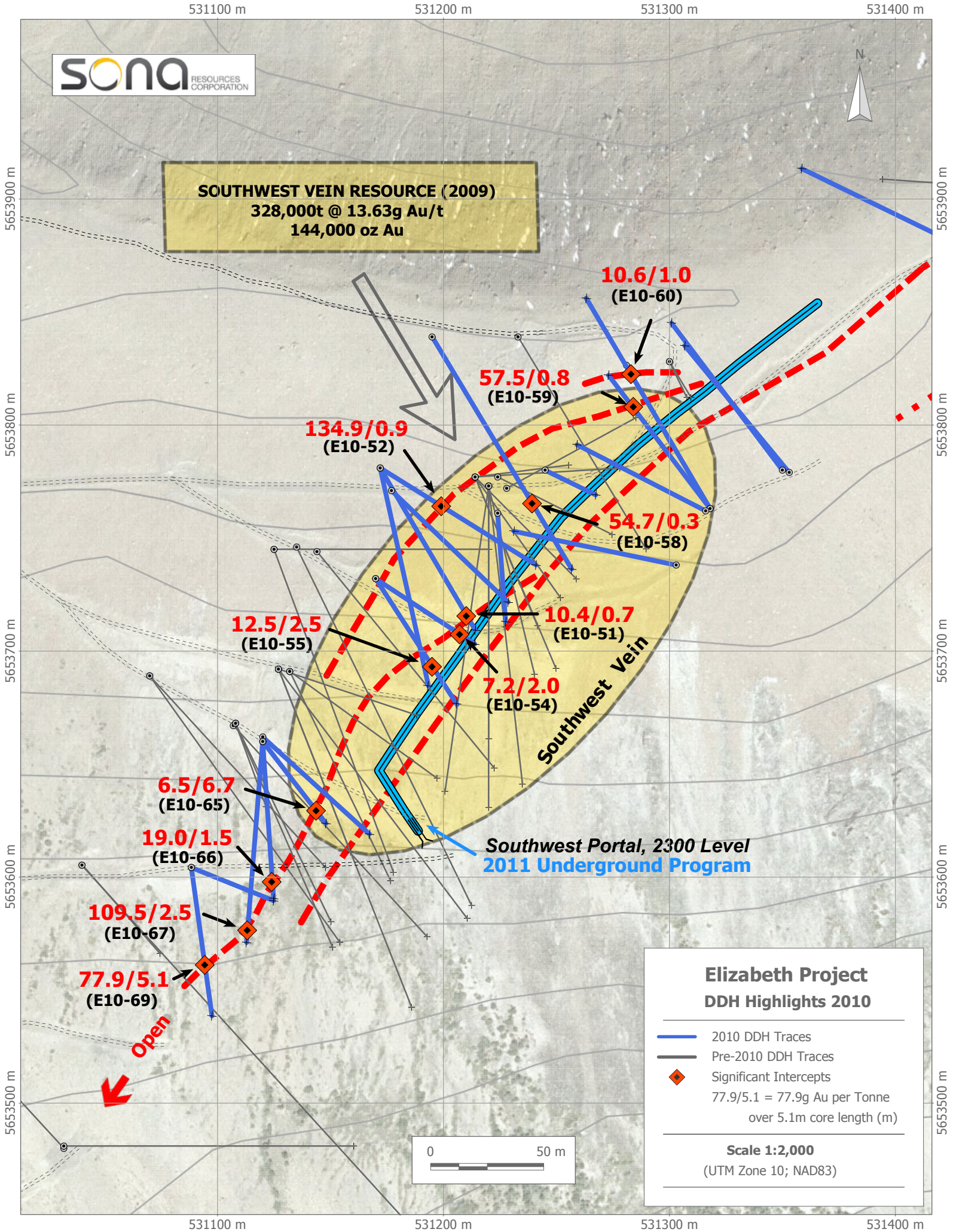


Elizabeth and Blackdome
Mineral Claims, Mining Leases,
and Crown Grants

	Sona / No. 75 Mineral Claims
	Sona Optioned Claims
	Crown Grants
	Mining Leases
	Existing Road
	Proposed Road

Scale 1:200,000 (NAD83; UTM Zone 10)
March 22, 2011 - Drawn By: PD

SOUTHWEST VEIN RESOURCE (2009)
 328,000t @ 13.63g Au/t
 144,000 oz Au



134.9/0.9
(E10-52)

57.5/0.8
(E10-59)

10.6/1.0
(E10-60)

54.7/0.3
(E10-58)

12.5/2.5
(E10-55)

10.4/0.7
(E10-51)

7.2/2.0
(E10-54)

6.5/6.7
(E10-65)

19.0/1.5
(E10-66)

109.5/2.5
(E10-67)

77.9/5.1
(E10-69)

**Southwest Portal, 2300 Level
 2011 Underground Program**

Southwest Vein

Open

**Elizabeth Project
 DDH Highlights 2010**

- 2010 DDH Traces
- Pre-2010 DDH Traces
- ◆ Significant Intercepts
 77.9/5.1 = 77.9g Au per Tonne
 over 5.1m core length (m)

Scale 1:2,000
 (UTM Zone 10; NAD83)



119 25



About Sona Resources Corp.

Since its inception in 1990, Sona has engaged in exploration activities at its mineral properties in Canada and the United States, as well as small-scale gold production at its flagship property, the 100 percent owned Blackdome Gold Mine (“Blackdome”), in south-central British Columbia, 250 kilometres north of Vancouver. At Blackdome, the indicated mineral resources are estimated to be 144,500 tonnes, grading 11.29g Au/t and containing 52,600 ounces of gold; and the inferred resource is estimated to be 90,600 tonnes, grading 8.79g Au/t (news release dated May 4, 2010). At its 100 percent owned Elizabeth Gold Deposit Property, 30 kilometres south of the Blackdome Gold Mine, Sona has outlined an inferred gold resource of 522,900 tonnes, grading 12.3g Au/t and containing 206,100 ounces of gold (news release dated June 8, 2009).

Sona aims to bring its permitted Blackdome mill back into production over the next two years at a rate of 200 tonnes per day, with feed from the former-producing Blackdome Gold Mine and the Elizabeth Gold Deposit Property. A positive Preliminary Economic Assessment by Micon International Ltd. (news release dated May 28, 2010), at a gold price of \$950 per ounce over an eight-year period, has estimated a cash cost of \$208 per tonne milled or \$686 per gold ounce recovered.

Sona also holds a 100 percent interest in the Montgolfier Project, located in Quebec, 40 kilometres east of the multimillion-ounce Casa Berardi Mine gold deposit.

This news release contains certain forward-looking statements, and such statements involve risks and uncertainties. The results or events predicted may differ materially from actual results or events. Any forward-looking statement speaks only as of the date of this news release. Except as may be required by applicable securities laws, the Company disclaims any intent or obligation to update any forward-looking statement, whether as a result of new information, future events or results, or any other occurrence.

Neither the 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.

For more information, visit www.sonaresources.com, or call or e-mail:

<u>Sona Resources Corp.</u>	<u>Media Inquiries</u>
802-1166 Alberni Street	Victor Webb/Madlene Olson
Vancouver, BC, Canada V6E 3Z3	Marston Webb International
Tel: +1 (888) 236-5200	Tel: +1 (212) 684-6601
Fax: +1 (604) 684-6678	Fax: +1 (212) 725-4709
E-mail: info@sonaresources.com	E-mail: marwebint@cs.com