



NEWS RELEASE No. 16, 2010

## INITIAL RESULTS RECEIVED FROM UNDERGROUND AND SURFACE SAMPLING AT ELIZABETH GOLD PROPERTY

### 1,401g Au/t over 0.67 metres sampled underground on West Vein

VANCOUVER, October 7, 2010 – Sona Resources Corp. (the “Company” or “Sona”; TSXV – SYS, Frankfurt–QS7) is pleased to report the findings from the latest sampling at its 100 percent owned Elizabeth Gold Property (“Elizabeth”), in the Lillooet Mining District of southern British Columbia.

This past August, underground samples were collected on the West Vein from the Upper Adit, and surface samples from the “Jewelry Box” area of the West Vein. The Upper Portal, first driven in the late 1950s, drifts along the West Vein 55 metres below surface, over a distance of 90 metres. The portal and the adit were recently rehabilitated to allow access and sampling of the West Vein. The southwest-northeast-striking West Vein occurs parallel to and 150 metres to the southeast of the Southwest Vein, where the latest diamond drill program was focused.

Ten chip samples were taken at right angles to the strike of the vein, on average every 3.1 metres, along the back of the drift and over 33 metres. The best sample assayed 1,401g Au/t over 0.67 metres, with an average of 137g Au/t on an average width of 0.72 metres. If the single high-chip sample were cut to the next-highest value of 35.3g Au/t, then the average over the West Vein’s strike length would still be 10.2g Au/t.

Trenching along the West Vein on surface outlined a mineralized narrow quartz vein, known as the Jewelry Box, over a strike length of at least 25 metres. This area is approximately 55 metres above the high-grade intersections in the Upper Adit. Systematic sampling is still under way, but two grab samples with all noticeable visible gold removed for display hand specimens assayed 144g Au/t and 51.1g Au/t, respectively. One sample was assayed for silver and ran 64.5g Ag/t.

*“We are getting impressive assays from the surface and underground sampling of the Jewelry Box area of the West Vein, in the areas displaying much visible gold,” says John P. Thompson, President and CEO of Sona. “We look forward to when we begin initial drifting along the nearby mineralized Southwest Vein.”*

The Company is outfitting a 25-man camp to support the planned underground drifting and raising program on the Southwest Zone. The permitted program is focused on increasing the confidence in the resources on the Southwest Vein. The Company has outlined an inferred gold resource of

522,900 tonnes, grading 12.3g Au/t and containing 206,100 ounces of gold, on the Elizabeth property (news release June 8, 2009).

All samples were analyzed using metallic screening gold fire assaying and 30-element ICP multi-acid digestion, at the independent Eco Tech Laboratory in Kamloops, BC. A QA/QC program consisting of duplicate samples, insertion of known standards and check assaying is being employed.

The contents of this news release have 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.

#### **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. 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 May 4, 2010). At its 100 percent owned Elizabeth Gold 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 June 8, 2009). Sona aims to bring the fully permitted Blackdome mill back into production over the next three years at a rate of 200 tonnes per day, with feed from the former-producing Blackdome Gold Mine and the Elizabeth Gold Property. A positive Preliminary Economic Assessment by Micon International Ltd. (news release May 28, 2010), at a gold price of \$950 per ounce over an eight-year period, has estimated pre-tax cash flow of \$27 million and pre-production capital costs of \$21 million.

Sona holds a 100 percent interest in two other promising properties: The Callaghan Project is located in Nevada, within 80 kilometres of several producing mines, and is underlain by the Roberts Mountain Thrust, a major structural setting for gold deposits. The Montgolfier Project is 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](http://www.sonaresources.com), or call or e-mail:**

#### **Sona Resources Corp.**

802-1166 Alberni Street  
Vancouver, BC, Canada V6E 3Z3  
Tel: +1 (888) 236-5200  
Fax: +1 (604) 684-6678  
E-mail: [info@sonaresources.com](mailto:info@sonaresources.com)

#### **Media Inquiries**

**Victor Webb/Madlene Olson**  
Marston Webb International  
Tel: +1 (212) 684-6601  
Fax: +1 (212) 725-4709  
E-mail: [marwebint@cs.com](mailto:marwebint@cs.com)