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## **NEWS RELEASE**

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### **MAINLAND RESOURCES INC. ANNOUNCES REMOVAL OF CEASE TRADE ORDER ISSUED BY THE BRITISH COLUMBIA SECURITIES COMMISSION**

Houston, Texas / PR Newswire – February 2, 2010 – Mainland Resources, Inc., a Nevada Corporation (“**Mainland**”) is pleased to announce that as a result of Mainland filing in SEDAR.com the Oil and Gas Reserve disclosure reserve forms required by the British Columbia Securities Commission (the “**BCSC**”), Mainland has successfully had the Cease Trade Order previously issued by the BCSC, revoked.

Mainland Resources’ management believes that the unrestricted trading has had an immediate impact on Mainland’s trading activity.

There are no undisclosed material changes in the affairs of Mainland.

As background, Mainland not only reports under United States Securities Laws, it is also a reporting issuer in the Province of British Columbia, Canada. As such it files disclosure documents with the BCSC by filing those documents electronically in the System for Electronic Document Analysis and Retrieval (“**SEDAR**”) Web site at [www.sedar.com](http://www.sedar.com).

The oil and gas reserve disclosure documents are forms required to be filed under Canadian Securities Laws and are in addition and separate from those documents required to be filed in EDGAR. As Mainland had become a reporting issuer in British Columbia just shortly before its last fiscal year being February 28, 2009, Mainland had inadvertently failed to file in SEDAR the following forms:

- (a) Forms 51-101 F1 – Statement of Reserve Data and Other Oil and Gas Information;
- (b) Form 51-101F3 Report on Reserves Data by Independent Qualified Reserves Evaluator; and
- (c) Form 51-101F3 Report of Management and Directors on Oil and Gas Disclosure.

As a result, the BCSC issued a Cease Trade Order on November 18, 2009 which effectively ceased trading of Mainland’s shares in the Province of British Columbia. Mainland subsequently completed the required forms and then had them filed in SEDAR.com on January 28, 2010, as disclosed in Mainland’s news release of January 28, 2010.

Mainland is pleased to announce that the next day the BCSC issued an Order revoking the Cease Trade Order.

#### **About Mainland Resources, Inc.**

Mainland Resources is a junior company engaged in the exploration and development of oil and gas resources. The Company’s current initiatives are focused on the acquisition

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and development of leases in emerging gas regions with the potential for discoveries including the Haynesville shale.

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THIS NEWS RELEASE HAS BEEN PREPARED BY MANAGEMENT OF THE COMPANY WHO TAKES FULL RESPONSIBILITY FOR ITS CONTENTS. EACH OF THE NASD, THE SEC AND THE OTCBB NEITHER APPROVES NOR DISAPPROVES OF THE CONTENTS OF THIS NEWS RELEASE. THIS NEWS RELEASE SHALL NOT CONSTITUTE AN OFFER TO SELL OR THE SOLICITATION OF AN OFFER TO BUY NOR SHALL THERE BE ANY SALE OF THESE SECURITIES IN ANY JURISDICTION IN WHICH SUCH OFFER, SOLICITATION OR SALE WOULD BE UNLAWFUL PRIOR TO REGISTRATION OR QUALIFICATION UNDER THE SECURITIES LAWS OF ANY SUCH JURISDICTION.