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NEWS RELEASE

MAINLAND RESOURCES, INC. ADDS J. JACK COX AS A BOARD DIRECTOR

Houston, Texas / PR Newswire – Sept. 14, 2009 – The management of Mainland Resources, Inc., (OTCBB:MNLU 5MN-Frankfurt) a Nevada Corporation (the “Company”) have approved the appointment of J. Jack Cox as a Director of The Board effective immediately.

J. Jack Cox has a long history in the engineering management of oil and gas projects in the southern United States, mostly in Mississippi and Louisiana.

Mr. Cox began his career in the role of engineer with the Chevron Oil Company in 1962. Over a period of more than 19 years, he managed a series of successively larger projects with increasing management positions in the engineering division. First as a Drilling Engineer, then Reservoir Engineer and later moving up to Formation Evaluation Specialist, Senior and Staff Reservoir Engineer and finally as Division Petroleum Engineer. Mr. Cox gained hands-on knowledge working with virtually all types of formations in the Gulf Coast/Mississippi region. He benefited from the experience of developing drilling and production operations, evaluating reservoirs and managing economic evaluations for one of the largest integrated oil and gas companies in the United States.

Drawing on his experience, Mr. Cox founded Anderson Oil Company, Inc., an independent drilling and production company in 1981. The company has successfully managed a variety of oil and gas projects for over 28 years. It is primarily involved in small to medium scale drilling and production in Mississippi and Louisiana. Mr. Cox oversees all aspects of operations and management of Anderson Oil Company, Inc., which he continues to serve as its President.

Mr. Cox is a registered petroleum engineer in Louisiana and Mississippi. He is the past Treasurer, Secretary, Vice Chairman and Chairman of the Delta Section of the Society of Petroleum Engineers and served the National SPE as a Board Director.

J. Jack Cox received his B Sc. in Petroleum Engineering from Louisiana State University.

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

See: www.mainlandresources.com for more information.

Symbol: MNLU – OTCBB, Symbol: 5MN; Frankfurt, WKN No.: A0ND6N

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