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Cougar samples 78.66 g/t Au from quartz vein in Manitoba

Aug 31, 2009 – Cougar Minerals Corp. – CNSX Trading Symbol: COU (the “Company”) has completed a prospecting program on the PFG/Bill property in the Rice Lake area of southeastern Manitoba. The PFG/Bill property is located immediately southeast of San Gold Corp.’s operating Rice Lake mine. Numerous new quartz veins were discovered as a result of the prospecting program. High-grade gold values were returned from several of the veins.

The newly discovered Carbucketty, On The Mark and Tomcat showings are all located in the eastern part of the property. At the Carbucketty showing, narrow quartz veins occur within a 2-6 m wide north-south trending shear zone which can be traced in outcrop for approximately 250 m. Visible gold was observed in one narrow tourmaline-bearing quartz vein. A sample from this vein returned 78.66 g/t Au. Most of the samples collected from the Carbucketty showing were anomalous in gold, with typical values ranging from 100 ppb Au to 1090 ppb Au. The Carbucketty showing occurs within a prominent north-south topographic low linear which is often devoid of outcrop. The showing remains open on-strike in both directions.

The On The Mark showing is located 1.2 km northeast of the Carbucketty showing, near the northern property boundary. It is a well-defined 3-4 m wide north-south trending shear zone which can be traced in outcrop for 150 m. Numerous quartz veins and veinlets, up to 0.5 m in width, occur within the shear zone. Samples from the showing were consistently elevated in gold, with values including 13.44 g/t Au, 8.92 g/t Au, 3.0 g/t Au, and 3.02 g/t Au. The showing occurs on the western margin of a swampy topographic low linear. It remains open on-strike in both directions.

The Tomcat showing is a 10 m wide, northeast trending zone of quartz stockwork and breccia veining, located 3 km east of the On The Mark vein. The zone can be followed along strike, in outcrop, for 150 m. Large areas of low topographic relief, with no outcrop exposed, bound the zone on all sides. No significant gold values were returned from samples collected from the Tomcat showing, however given its size and the lack of rock exposure nearby, follow-up is warranted.

There were other areas discovered by the company’s prospecting program that require further examination before the extent and significance of the veins discovered is understood. These include the area southeast of the known Ruby-Romano veins, where new veining and alteration, with anomalous gold values to 550 ppb Au, was discovered. Many high-grade gold assays were reported from the narrow Ruby and Romano veins by a previous operator, including 288 g/t Au, 41.22 g/t Au and 23.94 g/t Au. Other targets for follow-up prospecting resulting from Cougar’s work program are samples TB-35 (2.54 g/t Au) and TB-41 (460 ppb Au), two further new vein discoveries on the property.

Cougar Minerals recently completed a program of trenching and detailed sampling on the Manifold and Salerno veins, in the northwestern part of the PFG/Bill property. Results are being compiled and will be released shortly.

The company has also completed a prospecting program on the newly acquired Wyatt property in the Manigotagan River-Gem Lake area, southeast of the PFG/Bill property. This program was also successful in discovering a large number of quartz veins that were unknown from previous work. In addition, prospecting crews ground-located and re-sampled the historically known Wanabe vein, where a previous operator reported grades including 20.2 g/t Au and 12.1 g/t Au (see Harvest Gold news release, 2006-01-10). Assay results from Cougar's sampling of the Wanabe vein and from the new veins discovered on the Wyatt property are pending and will be released when available.

Samples described in this release were grab samples collected to determine the presence or absence of mineralization. The results should not be interpreted as being representative of average grade of the vein.. Samples were analyzed at TSL Laboratories in Saskatoon, an ISO 17025-2005 accredited laboratory. Gold analyses were by Fire Assay/ AA finish on 50 gm samples, with subsequent analysis by Fire Assay/Gravimetric finish on samples returning >3000 ppb Au. Metallic screen gold assays were run on samples with visible gold, or those returning > 5 g/t Au by FA/Grav finish.

Linda Caron, M.Sc., P.Eng. is the qualified person under NI 43-101 who has reviewed and approved the technical content of this news release.

COUGAR MINERALS CORP.

s/“Mike Elson”

Mike Elson

President

The Canadian National Stock Exchange has neither approved nor disapproved of the contents of this press release.