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**Cougar Receives Assays of 16.5 g/t Au  
from Wyatt Property in Manitoba**

**Sept 21, 2009 – Cougar Minerals Corp. – CNSX Trading Symbol: COU (the “Company”)** has received assay results from the recently completed prospecting program of the Wyatt property located in the Manigotagan River-Gem Lake area, southeast of San Gold Corporation’s Rice Lake mine near Bissett, Manitoba. Assays have also been received from the Company’s trenching program on the PFG/Bill claims. Both the Wyatt and the PFG/Bill properties are located in the Rice Lake greenstone belt, where San Gold is developing the newly discovered high-grade gold Hinge Zone from several underground levels (see San Gold news releases, July 14, 2009, July 30, 2009).

On the Wyatt property, a large number of quartz veins including several wide zones of sheeted or stockwork veining have been discovered by Cougar. High grade and elevated gold values were returned from several areas. At the Wanabe showing, multiple close-spaced quartz veins occur within a northwest-trending, steeply-dipping zone with an exposed width of up to 10 metres, and with individual veins ranging up to 1 m in width. Assays from rock samples taken from this showing included 16.5 g/t Au, 12.4 g/t Au, 3.2 g/t Au, 2.1 g/t Au, and 2.0 g/t Au. The Wanabe showing is intermittently exposed over a strike length of 90 m, remains open on strike in both directions, and is untested by modern exploration techniques. Cougar considers it a high-priority trenching and diamond drill target. At the Monument showing in the northwest part of the Wyatt property, assays from rock samples taken from a newly discovered quartz vein returned values of 13.1 g/t Au and 4.0 g/t Au. Cougar will conduct follow-up work at this and other newly discovered veins on the property.

Trenching of the Manifold and Salerno veins located on the PFG/Bill property exposed quartz veining over strike lengths of 105 and 75 m, respectively. The Manifold showing is located 1.5 km southeast of San Gold’s SG-3 deposit and 6 km east of the Hinge Zone, while the Salerno vein is located 2.5 km southeast of the SG-3 deposit and 7 km east of the Hinge Zone. Both the Manifold and the Salerno are large zones of shearing, quartz veining, folding, and strong ankerite-sericite alteration with host rocks in common with those of San Gold’s Hinge Zone. At both showings, veins contain approximately 10% of centimetre-sized pockets of limonite resulting from the near-surface total oxidation of sulphides in the quartz. Gold content can be depleted under such oxidizing conditions. The Manifold vein, a 2 to 4 m wide zone of shearing, quartz veining, and alteration, remains open on strike beyond the limits of trenching. Quartz veins comprise up to 50% of the shear zone and range up to 2.5 m in width. Assays from rock samples were elevated, including 1.7 g/t Au over 2 m and 1.5 g/t Au over 1 m. The Salerno vein ranges from 10 to 21 m in width and remains open on strike beyond the limits of trenching. Assays from rock samples in the vein returned values of 4.54 g/t Au over 2 m, and 3.15 g/t Au over 0.5 m. Cougar considers both the Manifold and Salerno veins as high-priority drill targets.

Cougar is continuing its prospecting and preliminary development work on the PFG/Bill and Wyatt properties and will conduct similar exploration on the Conley and Vena properties, also held under option by the Company.

Trench samples described in this release were sawn channel samples, averaging 4-5 cm wide by 4-5 cm deep. Sample lengths were variable, depending on geology. Trench samples ranged from 0.7-10.7 kg in weight, depending on sample length, with an average sample weight of 4.6 kg. Prospecting samples were grab samples collected to determine the presence or absence of mineralization; these results should not be interpreted as being representative of average grade of the vein. All 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. QA/QC procedures were implemented by the company and included randomly inserted blank samples and duplicate samples. Sample lengths reported above are actual lengths and have not been corrected to reflect true width.

*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.*