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*For Immediate Release*

TSX.V - ADB

[www.admiralbay.com](http://www.admiralbay.com)  
**Press Release**

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## **ADMIRAL BAY ANNOUNCES GRANTING OF OPTIONS TO BOARD MEMBERS**

### **Centennial, Colorado, March 14, 2011; Admiral Bay Resources Inc. (TSX.V: ADB)**

Admiral Bay Resources Inc. (TSX.V: ADB) ("Admiral Bay" or the "Company") is pleased to announce that it has granted to each of the three board members, Steven Quoy, Steven Tedesco and Peter Tunkey, a stock option to purchase 150,000 common shares, for a total of 450,000 shares, at a price of \$ 0.25 (CDN) per share with a term for a period of four years from March 11<sup>th</sup>, 2011.

**Admiral Bay Resources Inc.** ([www.admiralbay.com](http://www.admiralbay.com)) is an unconventional gas production company focused on the development of projects in the Cherokee Basin in southeast Kansas and the Appalachian Basin in Pennsylvania. Admiral Bay is listed on the TSX Venture Exchange under the symbol ADB.

### **FOR ADDITIONAL INFORMATION CONTACT:**

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*Statements in this release that are not historical facts are "forward-looking statements" within the meaning of the U.S. Private Securities Litigation Reform Act of 1995. Readers are cautioned that any such statements are not guarantees of future performance and that actual developments or results may vary materially from those in these "forward-looking statements".*

*Neither 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.*