



# GLR RESOURCES INC.

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## Company Update

For Immediate Release

July 7, 2010

Dear Shareholders

GLR Resources Inc. ("GLR" or "Company") advises that the Company has filed, on SEDAR, its audited financial statements and management's discussion and analysis as at and for the year ended December 31, 2009. In addition, the Company's financial statements and management's discussion and analysis as at and for the three month period ended March 31, 2010 have been filed on SEDAR.

GLR is awaiting the results of a review by the Ontario Securities Commission and other regulatory securities commissions that will lead to lifting of the cease trade order. Once the cease trade order is lifted, the Company will formally apply for a listing on the Canadian National Stock Exchange.

### About GLR Resources Inc.

GLR is a Canadian-based junior mining and exploration company focusing on projects in North America with existing projects in Ontario and Quebec. On January 7, 2009, the TSX de-listed GLR's securities and, consequently, the Company's securities do not trade on a recognized Canadian exchange.

For further information please see the company website at [www.glrresources.com](http://www.glrresources.com).

**Forward Looking Statements:** *This news release contains certain forward-looking statements on the review of the regulatory reviews being conducted by the securities commissions and the pending application for a listing on the Canadian National Stock Exchange. These forward-looking statements are subject to a variety of risks and uncertainties beyond GLR's ability to control or predict which could cause actual events or results to differ materially from those anticipated in such forward-looking statements. Although GLR believes that the assumptions inherent in the forward-looking statements are reasonable, undue reliance should not be placed on these forward-looking statements.*

### Contact Information

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