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Company GWR Resources Inc.
Title GWR Grants Incentive Stock Options

CDNX Symbol: GWQ

Press Release

" BC-GWR-Stock-Options 10-11 0222
□News release via Canada NewsWire, Vancouver 604-669-7764 -ME-

Attention Business Editors:
^GWR Grants Incentive Stock Options@

TSX Venture Symbol: GWQ

ARMSTRONG, BC, Oct. 11 /CNW/ - The Company announces that it has granted incentive stock options to several of its directors which allow the purchase of 185,000 common shares on or before October 11, 2011 at a price of \$0.86 per share (being today's undiscounted closing price). These options have been granted pursuant to GWR's 2006 Stock Option Plan (the "Plan"), which was approved by the "disinterested" GWR shareholders at the Annual General Meeting held on March 20, 2006. The 2006 Stock Option Plan is effectively a continuation of the previously approved 2005 Stock Option Plan. Accordingly, the maximum number of outstanding options from time to time will continue to be limited to the equivalent of 10% of GWR's issued and outstanding common shares. All options granted under the Plan are subject to the TSX Venture Exchange's policies on stock options, as amended from time to time, including detailed monthly filings.

"Irvin Eisler"

Irvin Eisler, President

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The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release.
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(GWQ.)

CO: GWR Resources Inc.
ST: British Columbia
IN: MNG
SU:

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