Creston Moly Reports Major Increase in Resources and Reduced Stripping Ratio at El Creston Molybdenum Deposit

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VANCOUVER, BRITISH COLUMBIA -- (Marketwire) -- 10/26/10 -- Creston Moly Corp. ('Creston' or the 'Company') (TSX VENTURE: CMS) is pleased to announce that resources for the Company's 100% owned El Creston molybdenum deposit located in Sonora State, Mexico have been increased. The Resource Estimate, completed by SRK Consulting (Canada) Inc. ('SRK') is an update from the 2009 Pre-Feasibility Study ('PFS') undertaken by M3 Engineering & Technology Corporation of Tucson, Arizona ('M3'), and incorporates the results of the 2010 drill program reported before September 27th, 2010. Results of the final sixteen holes drilled, were not used in the calculation of this Resource, but will subsequently be used in future estimates.

The Resource Estimate, when constrained by a conceptual optimized pit prepared by JDS Energy & Mining Inc. ('JDS'), includes the following highlights:

- The Measured and Indicated Resources are estimated to be 215.4 million tonnes averaging 0.071 % Mo and 0.059 % Cu containing 335.5 million lbs of molybdenum and 280.5 million lbs of copper.

- The Measured and Indicated Resource represents a 34.2 % increase in contained lbs molybdenum and a 76.6 % increase in contained lbs copper when compared to the Proven and Probable Reserve in the 2009 Pre- Feasibility.

- The stripping ratio is now estimated to be 0.94:1 versus a stripping ratio of 1.23:1 in the M3 2009 PFS. Mineralization still remains open to expansion.

Since the merger of Creston with Tenajon Resources in September of 2009, management has embarked on an ambitious program which included the compilation of all historical work, field mapping, prospecting, sampling and geophysical surveying of selected targets. Diamond drilling was completed to test areas for resource expansion, provide required grade fill-in information, and to collect structural data for geotechnical analysis.

The program has developed a focused understanding of the exploration potential in the region and thus far resulted in the physical expansion of the Main Zone, the verification of grades and subsequent addition of the Red Hill Zone to the deposit resources. This new data has initiated optimization modeling of a new conceptual pit plan for the El Creston molybdenum deposit.

Bruce McLeod, President and CEO of Creston said; 'These new resources are the fundamental underpinning for the completion of a Feasibility Study ('FS'). With the increase in resources, and a significant reduction in the strip ratio using lower molybdenum and copper prices than were used in the previous Pre Feasibility Study we are confident that we can significantly increase the asset value of this project going forward. A Preliminary Economic Assessment ('PEA') and development of a new open pit mining plan has commenced and indications are that the increased resource within the conceptual optimized pit will support increasing the processing plant throughput from the 40 ktpd (used in the Pre-Feasibility Study) to 50 ktpd. The PEA will incorporate the additional resources defined with the new SRK study. In conjunction, metallurgical test work and plant re-design is well advanced for completion of the FS. JDS Energy & Mining Inc. expects to complete the PEA by December 2010 and the FS in the 2nd quarter of 2011.'

MINERAL RESOURCE ESTIMATES

The updated resource estimate was completed in October 2010 by SRK with Gilles Arseneau, P. Geo. acting as the Independent Qualified Person under NI 43-101. The tables presented below are intended to show the contained metal improvement from the 2009 Pre-Feasibility with the additional resources (due to drilling) and the potential to improve the plant throughput to 50 ktpd at an improved stripping ratio.

M3 2009 PFS

0.037% Mo cut-off	Tonnes	Mo (%)	Cu (%)	Mo Lbs Millions	Cu Lbs Millions
Proven Reserves	44,736,000	0.079	0.053	78.024	52.217
Probable Reserves	101,968,000	0.076	0.047	171.924	106.614
Proven & Probable	146,705,000	0.077	0.049	249.948	158.831

The stripping ratio of the pit in the M3 2009 pre-feasibility is 1.23:1 and includes ramps using Mo $12/lb and Cu $1.60/lb. Note that Mo-Equivalent % = Mo% + (Cu%/7.5)

2010 Conceptual Pit Resources (JDS)

0.036% Mo cut-off	Tonnes	Mo (%)	Cu (%)	Mo-Eq (%)	Mo Lbs Millions	Cu Lbs Millions
Measured	56,325,346	0.074	0.058	0.082	91.3	71.6
Indicated	159,101,604	0.07	0.06	0.078	244.2	208.9
Mea + Ind	215,426,950	0.71	0.059	0.079	335.5	280.5

(i) The stripping ratio in this conceptual pit is estimated to be 0.94:1. This includes an allowance for an additional 5% waste in lieu of design ramps, plus approximately 4.4% inferred material also considered waste for this exercise.

The development of the comparative tables has relied on the work of other experts as described in this release. The following factors should also be noted:

-- Mineral resources were estimated in conformance with the CIM Mineral Resources and Mineral Reserves definitions referred to in National Instrument 43-101, Standard of Disclosure for Mineral Properties.
-- The updated resource includes the results of holes EC10-66 to 106 and GT10-001 to 009 representing 7,952 metres of the cumulative 11,000 metre drill program. The remaining geotechnical and exploration holes had not been sampled in time for the SRK modeling.
-- Prior to the 2010 drill program 114 diamond and 18 reverse circulation drill holes respectively totaling 31,860 and 4,998 metres in length had tested the Creston Main and Red Hill Zones. Some of the pre-2010 holes were not included in the 2009 PFS resource estimate due to poor core recovery and the lack of assay certificates which resulted in Red Hill being discarded. The additional 2010 infill drilling enabled SRK to include Red Hill in their Resource Estimate.
-- JDS' conceptual open pit optimization & production scheduling for the El Creston Project was completed using Maptek Systems Inc. Vulcan™ software.
-- A simplified 3D block model for the Creston deposit was produced by SRK in Gemcom Software International's GEMS™ software from the work of Dr. Riccardo Aque, Consultant Geologist to the Company. This new 3D model was imported directly into Vulcan, and used to define the Creston open pit resources that were used for pit optimization and preliminary scheduling.
-- The JDS conceptual Lerchs-Grossman optimized pit shell is based on a large-scale open pit operating at a rate of approximately 50,000 tonnes per day. All mineral resources are contained within the pit using the parameters listed below to generate a preliminary in pit mineral resource that the Company believes can be economically extracted.
-- Pit slope angles, operating costs and recoveries are from the 'Creston Project Pre-Feasibility Study Sonora, Mexico' report dated March 23, 2009 and completed by M3 Engineering & Technology Corporation (M3). All the projected costs and recovery figures should be considered preliminary.
-- Note that the metal prices used here to create the resource constraining conceptual optimized pit are lower than that used in the 2009 PFS optimum pit shell ($US 12.00/lb Mo and $US 1.60/lb Cu).

Parameter	Unit	Value
Moly Price	$US/lb	$11.00
Copper Price	$US/lb	$1.47
Owner Mining Cost	$US/tonne mined	$1.05
Processing Cost	$US/tonne processed	$6.23
G&A Cost	$US/tonne processed	$0.75
Moly Smelting & Refining Cost	$US/lb	$1.11
Copper Smelting & Refining Cost	$US/lb	$0.30
Moly Recovery	% of Feed	88.40%
Copper Recovery	% of Feed	84.00%
Overall Pit Slope Angle	Degrees	45.9 degrees
Maximum Mining Rate	Total Tonnes per Year (Mt)	45
Maximum Ore Processing Rate	Ore Tonnes per Year (Mt)	18.25

Details of the SRK and M3 Resources at various cut-offs are listed below. The first table is SRK's Mo-Eq% cutoff and second is from Table 1.3-8 (page 1-142) of the M3 2009 PFS with the 0.030 Mo-Eq% marked with an (x) in both cases.

SRK

MoEq% Cut-off	Resource Class	Grade Mo%	Grade Cu%	Tonnes	Contained Mo lbs	Contained Cu lbs
0.030%	Measured	0.068	0.06	67,600,000	101,600,000	88,400,000
	Indicated	0.062	0.05	204,500,000	277,800,000	247,400,000
	Inferred	0.045	0.05	21,700,000	21,400,000	23,400,000
	Mea+Ind (x)	0.063	0.06	272,100,000	379,400,000	335,800,000
0.035%	Measured	0.071	0.06	62,600,000	98,500,000	84,400,000
	Indicated	0.065	0.06	187,900,000	267,800,000	233,400,000
	Inferred	0.050	0.05	17,300,000	19,000,000	18,200,000
	Mea+Ind	0.066	0.06	250,500,000	366,300,000	317,800,000
0.040%	Measured	0.075	0.06	57,800,000	95,100,000	80,200,000
	Indicated	0.068	0.06	171,000,000	255,700,000	219,500,000
	Inferred	0.055	0.05	13,600,000	16,400,000	14,900,000
	Mea+Ind	0.070	0.06	228,800,000	350,800,000	299,700,000
0.045%	Measured	0.078	0.06	53,200,000	91,400,000	76,100,000
	Indicated	0.071	0.06	155,600,000	243,100,000	206,000,000
	Inferred	0.060	0.05	10,600,000	14,000,000	11,700,000
	Mea+Ind	0.073	0.06	208,800,000	334,500,000	282,100,000
0.050%	Measured	0.081	0.07	48,900,000	87,500,000	71,700,000
	Indicated	0.074	0.06	140,000,000	228,800,000	190,800,000
	Inferred	0.064	0.05	8,700,000	12,300,000	9,700,000
	Mea+Ind	0.076	0.06	188,900,000	316,300,000	262,500,000

Estimation tabulated within a Whittle shell at various Mo equivalent% cut-offs.

M3

MoEq% Cut-off	Resource Class	Grade Mo%	Grade Cu%	Tonnes	Contained Mo lbs	Contained Cu lbs
0.030%	Measured	0.074	0.050	52,240,000	85,490,000	58,080,000
	Indicated	0.070	0.044	124,650,000	192,720,000	121,060,000
	Inferred	0.051	0.061	16,300,000	18,320,000	21,860,999
	Mea+Ind (x)	0.071	0.046	176,890,000	278,210,000	179,140,000
0.040%	Measured	0.079	0.054	46,880,000	81,690,000	55,930,000
	Indicated	0.076	0.047	108,620,000	181,550,000	113,600,000

	Inferred	0.061	0.065	11,410,000	15,340,000	16,330,000
	Mea+Ind	0.077	0.049	155,500,000	263,240,000	169,530,000
0.050%	Measured	0.085	0.058	40,260,000	75,770,000	51,670,000
	Indicated	0.082	0.049	93,690,000	168,480,000	101,840,000
	Inferred	0.072	0.056	7,878,888	12,540,000	11,520,000
	Mea+Ind	0.083	0.052	133,950,000	244,250,000	153,510,000
0.060%	Measured	0.092	0.060	33,810,000	68,930,000	44,680,000
	Indicated	0.088	0.05	79,120,000	152,860,000	87,450,000
	Inferred	0.084	0.059	5,600,000	10,410,000	7,260,000
	Mea+Ind	0.089	0.053	112,930,000	221,790,000	132,130,000
0.080%	Measured	0.108	0.061	22,630,000	53,790,000	30,600,000
	Indicated	0.101	0.051	50,820,000	113,620,000	57,320,000
	Inferred	0.105	0.057	3,010,000	6,980,000	3,780,000
	Mea+Ind	0.103	0.054	73,450,000	167,410,000	87,920,000

Gilles Arseneau, P. Geo., SRK Consulting is the Independent Qualified Person responsible for the Mineral Resource Estimate.

Mike Makarenko, P. Eng., JDS Energy and Mining Inc. is the Independent Qualified Person responsible for the conceptual optimized pit Resource calculations.

Dave Visagie, P. Geo., a Qualified Person as defined by NI 43-101 is responsible for the technical information contained in this release.

About the El Creston Molybdenum Deposit

The El Creston molybdenum deposit, located in the state of Sonora and 175 kilometres south of the US Border, boasts excellent infrastructure with close proximity to power, roads and railway. A semi-desert climate allows for year round development. In 2009 a NI 43-101 compliant Pre-Feasibility Study ('PFS'), was issued by M3 Engineering & Technology Corporation of Tucson, Arizona ('M3'). Using a base case scenario of $15/lb Mo and $1.75/lb Cu M3 determined that the El Creston molybdenum deposit has an after-tax Net Present Value ('NPV') at an 8% discount rate of USD$306.02 million and an Internal Rate of Return ('IRR') of 20.2%. The Company is focusing on the completion of optimization projects designed to further improve the economics of the project by increasing the size of the resource and re-engineering certain key components of the project.

On Behalf of the Board of Directors

CRESTON MOLY CORP.
D. Bruce McLeod, President & CEO

Forward-Looking Statements

This document may contain 'forward-looking statements' within the meaning of Canadian securities legislation and the United States Private Securities Litigation Reform Act of 1995. These forward-looking statements are made as of the date of this document and Creston does not intend, and does not assume any obligation, to update these forward-looking statements.

Forward-looking statements relate to future events or future performance and reflect Creston management's expectations or beliefs regarding future events and include, but are not limited to, statements with respect to the estimation of mineral reserves and resources, the realization of mineral reserve estimates, the timing and amount of estimated future production, costs of production, capital expenditures, success of mining operations, environmental risks, unanticipated reclamation expenses, title disputes or claims and limitations on insurance coverage. In certain cases, forward-looking statements can be identified by the use of words

such as 'plans', 'expects' or 'does not expect', 'is expected', 'budget', 'scheduled', 'estimates', 'forecasts', 'intends', 'anticipates' or 'does not anticipate', or 'believes', or variations of such words and phrases or statements that certain actions, events or results 'may', 'could', 'would', 'might' or 'will be taken', 'occur' or 'be achieved' or the negative of these terms or comparable terminology. By their very nature forward-looking statements involve known and unknown risks, uncertainties and other factors which may cause the actual results, performance or achievements of Creston to be materially different from any future results, performance or achievements expressed or implied by the forward-looking statements. Such factors include, among others, risks related to actual results of current exploration activities; changes in project parameters as plans continue to be refined; future prices of resources; possible variations in ore reserves, grade or recovery rates; accidents, labour disputes and other risks of the mining industry; delays in obtaining governmental approvals or financing or in the completion of development or construction activities; as well as those factors detailed from time to time in Creston's interim and annual financial statements and management's discussion and analysis of those statements, all of which are filed and available for review on SEDAR at www.sedar.com. Although Creston has attempted to identify important factors that could cause actual actions, events or results to differ materially from those described in forward-looking statements, there may be other factors that cause actions, events or results not to be as anticipated, estimated or intended. There can be no assurance that forward-looking statements will prove to be accurate, as actual results and future events could differ materially from those anticipated in such statements.

Accordingly, readers should not place undue reliance on forward-looking statements.

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