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Central Iron Ore Ltd

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NEWS RELEASE
September 7, 2010

Symbol: CIO-TSXV
For Immediate Dissemination

ISSUE OF SHARES TO CONSULTANTS

VANCOUVER, BRITISH COLUMBIA – (Marketwire – September 7, 2010), Central Iron Ore Ltd (CIO - TSX.V) (“the Company”) is pleased to announce that it will issue an aggregate of 1,000,000 common shares at a deemed price of \$0.20 per share as partial consideration for services rendered by three arm's length consultants in relation to the identification of areas in the Gadacie and Lake Barlee areas of Western Australia prospective for iron ore exploration, as announced previously on February 1, 2010. When issued, the shares will be subject to a four month hold period pursuant to the policies of TSX Venture Exchange.

On behalf of the Board of Directors

CENTRAL IRON ORE LTD.

“Andrew Spinks”

Andrew Spinks, President/CEO

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