



FOR IMMEDIATE RELEASE

TSX Venture – ABI.V

October 1, 2009

## ABCOURT GRANTS STOCK OPTIONS TO A DIRECTOR

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Mont-St-Hilaire, Quebec, Canada, October 1, 2009.

**Mr. Renaud Hinse, president and C.E.O. of Abcourt Mines Inc.**, is pleased to announce that the Board of directors of Abcourt Mines Inc. has granted stock options to purchase 200,000 Class B shares of the Company to one of its director, at an exercise price of \$0.21 per share, valid for a five year period. These options are granted in accordance with the Company's stock option plan.

Abcourt Mines Inc. is an exploration and development company with strategically located properties in Northwestern Quebec, Canada. The Abcourt-Barvue project with 43-101 silver-zinc ore reserves and resources and the Elder mine with 43-101 gold resources and the Aldermac property with historical copper-zinc resources are all former producers. Abcourt is now focused on bringing the Abcourt-Barvue and Elder projects back in production and at the same time, it is working on other projects (Aldermac, Jonpol and Vendome), to increase its mineral resources inventory. A positive 43-101 feasibility study was completed in 2007 on the Abcourt-Barvue project. In addition, mill equipment has been purchased. To know more about Abcourt, please consult our web site [www.abcourt.com](http://www.abcourt.com) and Sedar [www.sedar.com](http://www.sedar.com), see "Abcourt Mines Inc". A small location plan and longitudinal projection of the Aldermac mineralized zones are shown on our web site.

The Abcourt shares are trading on the TSX Venture Stock Exchange under the symbol ABI.V and at Frankfurt and Berlin in Germany.

**FORWARD-LOOKING STATEMENTS:** Except for statements of historical facts, all statements in this news release, including, without limitation, statements regarding forecasts, plans and objectives of Abcourt Mines Inc., are forward-looking statements that involve various risks and uncertainties. There can be no assurance that such statements will prove to be accurate; actual results and future events could differ materially from those anticipated in such statements

For additional information:

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