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TSX Venture – ABI.V
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DIAMOND DRILLING AT THE WEST END OF THE ELDER MINE AND AT DEPTH CONTINUES TO GIVE EXCELLENT RESULTS

Mont-St-Hilaire, Quebec, Canada, September 14, 2010.

Mr. Renaud Hinse, president and C.E.O. of Abcourt Mines Inc. (TSX-V:ABI, Berlin and Frankfurt Stock Exchanges:), is pleased to announce that diamond drilling at the west end of the Elder mine and at depth continues to give excellent results. Twelve holes for a total of 3,290 meters were drilled in that sector. The best ten holes gave the following results:

Hole no.	From meters	To meters	Length meters	Gold grams/tonne
E10-07	287.95	290.97	3.02	10.01
inc	288.56	289.79	1.23	20.86
E10-08	305.14	307.65	2.51	4.90
E10-09	298.36	299.86	1.50	6.73
E10-10	259.00	260.50	1.50	3.85
inc	260.05	260.36	0.31	18.63
E10-11	245.15	249.41	4.26	9.12
E10-13	226.50	228.50	2.00	17.27
E10-14	289.50	291.63	2.13	6.50
E10-15	191.67	193.17	1.50	8.61
E10-16	197.08	198.58	1.50	5.21
inc	197.08	198.08	1.00	7.12
E10-18	202.25	203.90	1.65	6.05
AVERAGE			2.16	8.18

All assays were done by Techni-Lab S.G.B. Abitibi inc., an approved laboratory.

Holes E10-07, E10-08, E10-09 and E10-14 shows good values at depth below the 7th level. Holes E10-10, E10-11, E10-13, E10-16 and E10-18 are infill holes in the western part of the mine. Hole E10-15 indicates an extension of the mineralized zone beyond the western limit of the mine. Additional holes have been drilled at the eastern part of the mine to extend the mineralized zone to the east. Results will be reported when all the assays are received.

In the past (1944-1964), the Elder mine produced 350,000 ounces of gold.

In July 2009, a revision of the resources for the Elder property was completed by an independent qualified person, Mr. Jean-Pierre Bérubé, P. Eng., consultant from Trois-Rivières, Quebec, Canada. This revision was made according to NI 43-101 Standards.

Here is a summary of the non-diluted resources -converted to metric:

Cut-off grade	3.8 grams/tonne			5.1 grams/tonne		
	Tonnes	Au gr/t	Ounces	Tonnes	Au gr/t	Ounces
Description						
Measured	402,286	6.5	83,635	256,379	7.7	63,736
Indicated	<u>402,742</u>	<u>6.6</u>	<u>85,502</u>	<u>287,296</u>	<u>7.7</u>	<u>71,422</u>
Measured & Indicated	805,028	6.5	169,137	543,675	7.7	135,158
Inferred	237,289	6.1	46,722	159,704	7.2	37,067

Our current drilling program is expending these resources.

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 was purchased. A 43-101 resource calculation was recently done for the Elder mine. To know more about Abcourt, please consult our web site www.abcourt.com and Sedar 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. A small location plan of the Elder and Tagami properties is also shown on our web site.

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. This press release was prepared by Mr. Renaud Hinse, a qualified person, president of Abcourt Mines Inc.

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