



MINDORO
RESOURCES LTD

INCREASED AGATA NICKEL RESOURCE AND REGIONAL DRILLING COMMENCED

EDMONTON, ALBERTA, August 20, 2010 - Mindoro Resources Ltd. (TSXV: MIO; Frankfurt: WKN 906167) today announced an increased Mineral Resource estimate for the Agata Nickel Project. This includes a Measured and Indicated resource of 29.8 million tonnes at 1.03 percent nickel, an increase of 2.9 million tonnes compared to the December 2009 estimate with a slight decrease in grade due to a more robust estimation methodology and more detailed information. In addition an Inferred resource of 1.46 million tonnes at 1.01 percent nickel has been estimated.

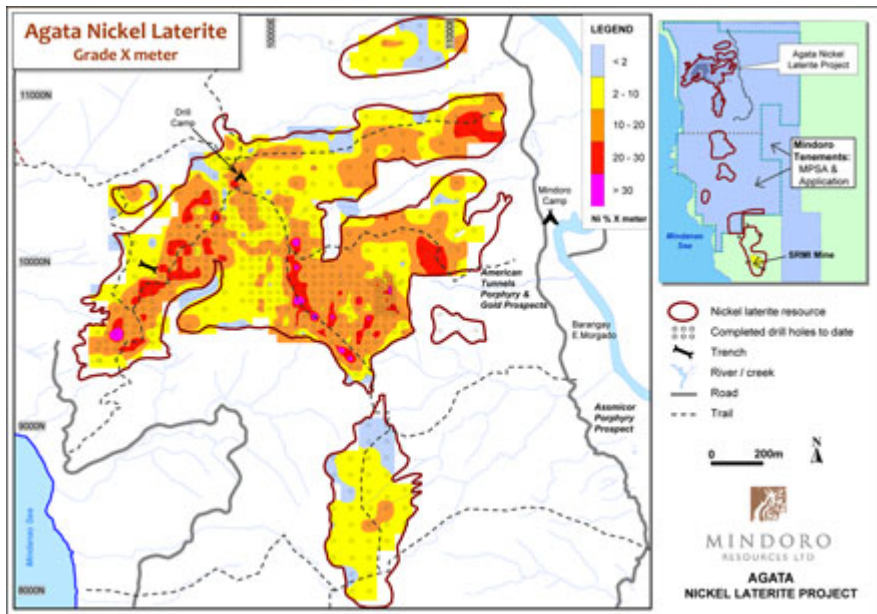
The mineral resource estimate is tabulated below.

Classification	Horizon	Metric K Tonnes	Ni %	Co %	Fe %	Contained Metal (K Tonnes)		
						Ni	Co	Fe
Measured	Limonite	248	1.01%	0.11%	48%	2.5	0.27	119
	Saprolite	522	1.12%	0.03%	11%	5.9	0.16	57
	Subtotal	771	1.08%	0.06%	23%	8.4	0.43	176
Indicated	Limonite	9,972	0.94%	0.11%	46%	94	11.0	4,587
	Saprolite	19,052	1.07%	0.03%	11%	204	5.7	2,096
	Subtotal	29,024	1.03%	0.06%	23%	298	16.7	6,683
Measured & Indicated	Limonite	10,220	0.94%	0.11%	46%	96	11	4,706
	Saprolite	19,574	1.07%	0.03%	11%	210	6	2,153
	Subtotal	29,794	1.03%	0.06%	23%	306	17	6,859
Inferred	Limonite	258	1.00%	0.11%	44%	2.6	0.3	114
	Saprolite	1,206	1.01%	0.03%	11%	12.2	0.4	133
	Subtotal	1,464	1.01%	0.04%	17%	14.8	0.7	246

- Total metal contents in the reported resources represent metal in the ground and have not been adjusted for metallurgical recoveries and other factors which will be considered in later study
- Mineral resources which are not mineral reserves do not have demonstrated economic viability
- The estimate of mineral resources may be materially affected by environmental, permitting, legal, title, taxation, socio-political, marketing or other relevant issues.

The new resource estimate was carried out by Mark Gifford MSc (Hons), MAusIMM an independent qualified person as defined by NI 43-101, in conjunction with Quantitative Group in Perth, Australia. A total of 593 drill core holes for 10,851m of diamond drill core were used for the estimate. The resource estimation method applied was Ordinary Kriging, a very robust and proven methodology with regards to lateritic nickel deposits. All previous resource estimates were completed by a length-weighted inverse distance squared method to provide an indicative resource appropriate to the drilling density at the time of reporting. Cut-off grades applied to the resource were 0.5 percent within the Limonite zone and 0.8 percent within the Saprolite zone. Mr. Gifford has indicated that the density of drilling and continuity of mineralization is sufficient to classify the estimated resource and has verified and authorized the technical information detailed in this release. . Mr. Mark Gifford has 22 years of experience as a professional geologist including in a geological managerial position at the Murrin Murrin nickel laterite operation in Western Australia and experience on other Nickel Laterite projects around the world. The Ni 43-101 compliant technical report will be filed on SEDAR within 45 days.

The accompanying plan (also available on Mindoro's website) illustrates the distribution of nickel laterite drilled from 2006 to date, with nickel grade times thickness (meters) expressed as cool to hot colours.



Detailed open pit mine design is now in progress based on the new mineral resource model. The objective of this work is to produce a mineral inventory and preliminary production schedule based on the requirements of nickel pig-iron producing off-takers for 0.9% to 1.1% Nickel and >48% Iron Limonitic material and Chinese Electric Arc Furnace (EAF) and/or other acid leach or ferronickel processors that require material grading >1.45 percent Nickel at varying iron content.

In addition a scoping study has been initiated through Hatch engineering group in Perth into low-capital cost, thermal upgrading technologies, such as sintering, to produce much higher-value iron and iron-nickel products from the Limonitic ores. These have the potential to quickly phase out the shipping of raw DSO product, and to form an intermediate development stage prior to a major acid-leach processing operation. The major acid-leach project scoping studies, including additional metallurgical testing, are due for completion late September 2010.

Mindoro has also now commenced drilling the regional nickel laterite exploration target in order to convert a significant proportion of the 50 million to 70 million DMT @ 0.9% to 1.2% nickel Exploration Target to NI 43-101 compliant Mineral Resource. A total of 7,000m to 10,000m are planned to complete this program, over the next 4 to 6 months.

The reader is cautioned that the potential quantity and grade of the Exploration Target is conceptual in nature; it is uncertain if further exploration will result in the Exploration Target being delineated as a mineral resource and there is no guarantee that these resources, if delineated, will be economic or sufficient to support a commercial mining operation. The company's production objectives are intended to provide an indication of management's current expectations and are still conceptual in nature. It is uncertain that it will be established that these resources will be converted into economically viable mining reserves. Until a feasibility study has been completed, there is no certainty that these objectives will be met.

Tony Climie, P.Geol, is the company's Qualified Person as defined by National Instrument 43-101, who is responsible for monitoring the supervision and quality control of Mindoro's exploration programs and who has reviewed and verified the technical information contained in this news release. Sample preparation and assaying were performed by Intertek Testing Services, Phils., Inc. (ITS). The ITS Phils. facility is among Intertek's global network of mineral testing laboratories. It provides high quality assay analysis of mineral samples for nickel deposit exploration projects. Each sample is analyzed for nickel (Ni), cobalt (Co), iron (Fe), magnesium (Mg), aluminum (Al), silica (SiO₂), CaO, Cr₂O₃, K₂O, MnO, Na₂O, P₂O₅, and TiO₂. Whole rock analyses are done using X-ray Fluorescence (XRF). The samples are fused using lithium metaborate. XRF

analysis determines total element concentrations that are reported as oxides. Intertek mineral testing laboratories implement quality protocols. Normal Quality Control and Quality Assurance procedures are being carried out, using a system of repeat analyses plus split sample analyses and the use of standard reference materials and blanks. Mindoro has also conducted assay verification using standard samples and re-assaying field and pulp duplicates.

ABOUT MINDORO

Mindoro is a Tier 1 Issuer trading on the TSX Venture Exchange (MIO) and the Frankfurt Stock Exchange (WKN 906167). Mindoro is focused on exploration in the Philippines with a strategy of advancing early stage opportunities to production or joint venture. Mindoro controls major nickel laterite resources in the Surigao District, Mindanao, where potential for a direct shipping ore (DSO) operation to generate early cash flow is being advanced as well as large scale potential for an onsite processing plant.

Mindoro has NI 43-101 Mineral Resource estimates on its Agata North nickel-cobalt project (August 2010) totaling Measured and Indicated 29.79 million dry metric tonnes (DMT) at 1.03% Nickel and 0.06% Cobalt and Inferred 1.46 million DMT at 1.01% Nickel, 0.04% Cobalt. The Surigao regional exploration target is 50 million to 70 million DMT at 0.9% to 1.2% Nickel (January 2010).

Mindoro also has NI 43-101 Mineral Resource estimates on both its Lobo and Archangel (Kay Tanda) gold-silver projects. Mindoro has identified 22 porphyry copper-gold prospects and has three projects in the Batangas area of southern Luzon which are the subject of a farm-in arrangement whereby Gold Fields Ltd may earn 75% through direct project expenditure. Goldfields has commenced drilling on the Lobo project.

Drilling on the American Tunnels project has confirmed potential for a near-surface, bulk-tonnage gold target and porphyry copper-gold targets. Other objectives include progressing joint venture discussions on Mindoro's porphyry copper-gold prospects at Surigao.

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