



TRELAWNEY
Mining and Exploration Inc.

TRELAWNEY ANNOUNCES BOARD APPOINTMENT

November 20, 2009 - Toronto, Ontario - Trelawney Mining and Exploration Inc. (the "Company") (**TSXV: TRR**) is pleased to announce the appointment of James Fairbairn to the Company's Board of Directors. Mr. Fairbairn is a self-employed chartered accountant, consulting for public companies since 1990 and a Member of the Institute of Corporate Directors. He is a current officer or director of a number of TSX Venture Exchange listed companies. His extensive experience in public accounting and corporate governance will be a strong asset for the Company's board of directors. Mr. Fairbairn has resigned his position of Treasurer of the Company.

Trelawney is a Canadian junior mining and exploration company with a strategic focus on "Quality Ounce" gold deposits. The Company's current focus is directed towards the development and continued exploration of its newly acquired Chester Project, located in Chester Township 20 kilometres southwest of Gogama, Ontario.

For further information contact: Greg Gibson, President and CEO
416-361-2826 or ggibson@trelawneymining.com

Shares Issued: 39,647,591

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