

NEWS RELEASE

Cavan Ventures Inc.

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TSX Venture Symbol: CVN

Cavan 2010 Completes KM Property Exploration Program

Cavan Ventures Inc. (TSX Ventures: CVN.V), a public mineral exploration company based in Vancouver, British Columbia, is pleased to announce that it has completed its 2010 summer exploration program on the KM Project located approx. 60 kilometres north of Hazelton, British Columbia.

This year's programme consisted of geological mapping, trenching, and sampling which concentrated on the previously underexplored west-central portion of the property. In addition a mapping program was conducted focusing on the incipient structures which may control sill emplacement and gold mineralization in area.

Select results from the 2010 exploration programme conducted on the underexplored west-central portion of the property are listed below:

Sample ID	Au ppb	Ag	Cu	Pb	Zn
931253	294.7 ppb	286 gm/t	0.006%	2.90%	0.02%
931278	3.4 ppb	9 gm/t	0.001%	0.21%	1.08%
931279	8.9 ppb	895 gm/t	0.65%	21.87%	25.56%
931282	66.8 ppb	83 gm/t	1.71%	0.03%	0.02%
931309	0.5 ppb	278 gm/t	927.1 ppm	6576.4 ppm	937ppm
931310	78.4 ppb	3591 gm/t	1.18%	0.74%	1.54%
931316	39.8 ppb	1008 gm/t	0.53%	27.74%	15.24%
931319	19 ppb	1529 gm/t	0.17%	44.13%	10.48%
934401	2474.1 ppb	346 gm/t	1.29%	0.39%	0.02%
934402	2407.1 ppb	409 gm/t	2.64%	0.17%	0.01%
943403	1599.9 ppb	662 gm/t	7.08%	0.37%	32 ppm
934405	392.4 ppb	61.5 ppm	1024.4 ppm	>10000.0 ppm	5302 ppm
934406	132.6 ppb	100 gm/t	1.59%	0.23%	0.71%
934408	669.3 ppb	2.9ppm	0.006%	0.02%	0.04%
934409	168.2 ppb	11 ppm	0.022%	0.14%	3.07%

Ming Chiang, President & CEO of Cavan Ventures Inc. stated "The exploration work carried out this summer has expanded the area of mineralized showings to an area of 10 square kilometers. We are very encouraged by these new results, and the company is currently reviewing the 2010 data in an effort to delineate diamond drilling targets."

Technical information in this news release has been reviewed by Derrick Strickland, P. Geo., a qualified person as defined in NI 43-101.

Also, Cavan Ventures wishes to announce that, effective as of September 30, 2010, Ivan Cheong, has resigned from the Board of Directors of the Company. The directors and management of Cavan Ventures would like to thank Mr. Cheong for his contributions to Cavan Ventures since its inception and wish him the best in his future endeavors.

At this time, the Company is also pleased to announce that Mr. Harvey Lawson has joined the Company's Board of Directors. Mr. Lawson has also been a director and/or officer of several public companies and is currently an officer and director of Trade Winds Ventures Inc. and World Organics Inc. and is a director of Resolve Ventures Inc. and Inlet Resources Ltd. Also, Mr. Lawson is the Corporate Secretary and a director of Crimson Falcon Capital, a publicly listed Capital Pool Company. Mr. Lawson holds a BSc. Econ (1970) from the London University and an MBA (1974) from the Manchester Business School.

"I am really excited to welcome Mr. Lawson to our Board, and I am confident that Mr. Lawson's many years of experiences as director and officer in many public companies, will help our company tremendously in the near future." said Mr. Ming Chiang, Chief Executive Officer of the Company.

The Company has also granted incentive stock options to a director of the Company to purchase 250,000 common shares in the capital of the Company, exercisable at a price of \$0.15 per share for a period of five years. All options are subject to a four month hold period and are granted in accordance with the terms of the Company's Stock Option Plan and the policies of the TSX Venture Exchange.

This news release contains certain forward-looking statements that reflect the current views and/or expectations of Cavan Ventures Inc. with respect to its performance, business and future events. Such statements are subject to a number of risks, uncertainties and assumptions. Actual results and events may vary significantly.

Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Ventures Exchange) accepts responsibility for the adequacy or accuracy of this release.

If you would like to be added to Cavan's update list please send an email to ming@cavanventures.com or Stan.Buchalter@buchalterconsulting.ca

On behalf of the Board of Directors,
CAVAN VENTURES INC.

"Ming Chiang"

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For further information please visit our website at www.cavanventures.com