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CENTRAL IRON ORE LTD.

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NEWS RELEASE
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Symbol: CIO-TSXV
For Immediate Dissemination

SOUTH DARLOT GOLD PROJECT TENEMENTS GRANTED

VANCOUVER, BRITISH COLUMBIA – (Marketwire – September 15, 2011), Central Iron Ore Ltd. (CIO – TSX.V) (the “Company”) is pleased to announce that two of its applications for exploration licences E37/1085 and E37/1086 in the South Darlot Gold Project that are prospective for the occurrence of gold in Western Australia have now been successfully granted.

The South Darlot Gold Project area is approximately 320km North West of Kalgoorlie and includes the British King gold mine which is 100% owned by the Company and NI43-101 compliant. The British King gold mine is situated 5km west of Barrick Gold Corporation’s Darlot Gold Mine.

The Company now has a total of 7 tenements covering 324km² (refer to table below) that are located within the South Darlot Gold Project (“South Darlot”). The Company’s application for exploration licence E37/1072 has been withdrawn. It is expected that the Company’s remaining tenement applications will be granted over the coming months.

South Darlot Gold Project

Tenement	Status	Area (km²)
M37/30	Granted	0.1
P37/7026	Granted	0.1
E37/882	Granted	141
E37/1085	Granted	24
E37/1086	Granted	3
E37/1054	Application	33
E37/1106	Application	123

Accordingly the Company has decided to pursue opportunities to expand its tenure both within and around Barrick's core Darlot mine tenements, through either joint venture and/or acquisition, to underpin and provide the impetus for a renewed exploration effort which will focus on the significantly underexplored, deeper potential of the area. Deposits targeted will comprise new or extensional mineralisation, in known and/or previously mined areas, as well as any 'new' area deposits within or peripheral to any known mineralisation within the general area.

Collectively, this tenement expansion and the renewed corporate focus on exploration, both in and around the Company's prior holdings, will underpin its renewed proactive exploration stance. Activities will recommence on a mine site and more regional exploration basis, as will efforts on expanding the Company's regional tenure.

The Company's current South Darlot regional tenement package now comprises some 324km² of highly prospective country under tenure. Given its recently renewed proactive exploration stance and focus, the Company believes these tenements represent both a major exploration and future development asset.

QUALIFIED PERSON

Mr. Andrew Spinks B.App.Sc, Grad.Dip (Mining), a member of AusIMM, and a consultant geologist, is a Qualified Person as defined in National Instrument 43-101 - Standards of Disclosure for Mineral Projects ("NI 43-101").

On behalf of the Board of Directors
CENTRAL IRON ORE LTD.

"Brett Hodgins"

Brett Hodgins, President/CEO

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Cautionary Note Regarding Forward-Looking Statements

This news release contains forward-looking information within the meaning of Canadian securities laws. Such information includes, without limitation, information regarding South Darlot Gold Project Tenements Granted. Although the Company believes that such information is reasonable, it can give no assurance that such expectations will prove to be correct. Forward-looking information is typically identified by words such as: believe, expect, anticipate, intend, estimate, postulate and similar expressions, or are those, which, by their nature, refer to future events. The Company cautions investors that any forward-looking information provided by the Company is not a guarantee of future results or performance, and that actual results may differ materially from those in forward looking information as a result of various factors, including, but not limited to, the state of the financial markets for the Company's equity securities, the state of the market for iron ore or other minerals that may be produced generally, recent market volatility; variations in the nature, quality and quantity of any mineral deposits that may be located, the Company's ability to obtain any necessary permits, consents or authorizations required for its activities, to raise the necessary capital or to be fully able to implement its business strategies and other risks associated with the exploration and development of mineral properties. The reader is referred to the Company's disclosure documents for a more complete discussion of such risk factors and their potential effects, copies of which may be accessed through the Company's page on SEDAR at www.sedar.com.