



ABN: 32 072 871 133

Central Iron Ore Ltd.

916 – 925 West Georgia Street, Vancouver, BC V6C 3L2 Canada
Tel. 604.988.8186 Fax. 604.357.5353

NEWS RELEASE
February 22, 2011

Symbol: CIO-TSXV
For Immediate Dissemination

ADDITIONAL GOLD TENEMENTS

VANCOUVER, BRITISH COLUMBIA – (Marketwire – February 22, 2011), Central Iron Ore Ltd. (CIO – TSX.V) (the “Company”) is pleased to announce that that it has applied for a new exploration licence application that is considered prospective for the occurrence of gold. The application is directly south of CIO’s current tenements in the South Darlot Gold Project area and will significantly add to the presence CIO has created in the region.

Tenement	Application	Area (km2)
ELA37/1106	11/02/11	123

South Darlot Project Area

Tenement	Status	Area (km2)
EL 37/882	Live	141
ELA37/1054	Pending	33
ELA37/1072	Pending	12
ELA37/1085	Pending	24
ELA37/1086	Pending	3
ELA37/1106	Pending	123
M37/30	Live	0.1
P37/7026	Live	0.1

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

Following a recent corporate strategic review of its tenement holdings, CIO decided to maintain and actively work towards securing a greater exposure, tenement footprint and presence within this highly prospective and somewhat underexplored area.

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.

CIO's current South Darlot regional tenement package now comprises some 336km² 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

For further information, please contact:
www.centralironorelimited.com

Investor and Media Inquiries:
Capital Street Group
1641 Lonsdale Ave, Suite 869
North Vancouver, B.C. V7M 2J5
TOLL Free IR Line : 1-888-684-1183 Direct: (604) 988-8186
Email:info@capitalstreetgroup.com

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

THIS NEWS RELEASE IS NOT FOR DISTRIBUTION TO UNITED STATES SERVICES OR FOR DISSEMINATION IN THE UNITED STATES.

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 additional gold tenements. 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.