

1 September 2009



Polo Resources Limited
("Polo" or "the Company")

**Extract Resources provides Rossing South Exploration Update – Zone 3
Emerging**

Polo Resources (PRL), the AIM listed mining company with uranium and coal interests in Africa, Australia, Europe and Asia, is pleased to report that Extract Resources Limited ('Extract'), in which Polo holds a 9.06% interest, has announced confirmation of additional zones of uranium at Rossing South.

Highlights:

- Zone 3 – Chemical assay results confirm strong uranium mineralisation, 1.2km south of the current Zone 2 resource area.
- Strongly anomalous hand held spectrometer results, 2.5km southwest of the current Zone 2 resource area.
- Eight holes completed so far at the Salem prospect, 10km south of Rossing South. All have returned numerous mineralised intercepts.

Chemical assay results not previously reported from recent drilling at Rossing South include:

HOLE ID	FROM (m)	To (m)	Mineralised zones (U3O8)
Zone 1			
RDD030	84	164	80m @ 838 ppm
RDD041	254	299	45m @ 1045 ppm
RDD049	235	271	36m @ 821 ppm
RDD396	188	278	90m @ 796 ppm
Zone 2			
RRC388	263	283	20m @ 1420 ppm
RRC389	335	380	45m @ 781 ppm
RRC342	241	285	44m @ 1251 ppm
RRC374	175	264	89m @ 940 ppm
RRC379	151	207	56m @ 1079 ppm
RRC382	128	203	75m @ 1445 ppm
RRC385	169	184	15m @ 2079 ppm
RRC387	135	165	30m @ 911 ppm
Zone 3			

RRC414	294	366	72m @ 676 ppm
Including	294	325	31m @ 589 ppm

Neil Herbert, Managing Director of Polo Resources, said,

“The rapid growth of Zones 1 and 2 is now being complimented by the potential of a third zone of mineralisation along the same Rossing South trend. Extract’s management has consistently under-promised and over-delivered and we expect rapid development of the Rossing South Project which has the potential to become one of the world’s largest operating uranium mines.”

The full details of Extract’s announcement can be found at www.extractresources.com.

Contacts:

Polo Resources Limited Neil Herbert, <i>Executive Deputy Chairman</i>	+ 27 82 404 36 37
Canaccord Adams Limited Mike Jones/Ryan Gaffney	+ 44 (0) 20 7050 6500
Financial Dynamics Ben Brewerton / Ed Westropp	+ 44 (0) 20 7831 3113

Mr. Douglas Christopherson is the responsible Qualified Person, for the preparation of the technical information in this announcement. Mr. Christopherson is founding Registered Member (Member Number 558900RM) of the Society for Mining, Metallurgy and Exploration Inc. (SME) and a member of The South African Institute of Mining and Metallurgy (SAIMM).

About the Company

Polo is an emerging energy company focused on acquiring and developing advanced stage uranium and coal properties. For complete details on Polo Resources Limited, management encourages investors and interested parties to view its public documents filed on AIM Exchange at www.poloresources.com.

CAUTIONARY STATEMENT

The AIM Market of London Stock Exchange plc does not accept responsibility for the adequacy or accuracy of this release. No stock exchange, securities commission or other regulatory authority has approved or disapproved the information contained herein. All statements, other than statements of historical fact, in this news release are forward-looking statements that involve various risks and uncertainties, including, without limitation, statements regarding potential values, the future plans and objectives of Polo Resources Limited. There can be no assurance that such statements will prove to be accurate, achievable or recognizable in the near term.

Actual results and future events could differ materially from those anticipated in such statements. These and all subsequent written and oral forward-looking statements are based on the estimates and opinions of management on the dates they are made and are expressly qualified in their entirety by this notice. Polo Resources Limited assumes no obligation to update forward-looking statements should circumstances or management's estimates or opinions change.