

NEWS RELEASE

Cavan Ventures Inc.

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TSX Venture Symbol: CVN

CAVAN Announces Board Change

Cavan Ventures Inc. (TSX Ventures: CVN.V) (“Cavan”), a public mineral exploration company based in Vancouver, British Columbia, wishes to announce that, effective as of August 31, 2010, Peter Cowdery, has resigned from the board of directors of the Company. The directors and management of Cavan Ventures would like to thank Mr. Cowdery for his contributions to Cavan Ventures and wish him the best in his future endeavours.

At this time, the Company is also pleased to announce that Mr. Ernest Brisbane has joined the Company's Board of Directors. Mr. Brisbane is a registered professional engineer in British Columbia in the mechanical and mining disciplines and holds a Masters degree in mining engineering from McGill University. He has over 25 years experience in the mining industry in operating and executive roles for senior and junior mining companies. As a senior consulting engineer, he has participated in the design of open pit and underground mining operations in the United States and Canada and has managed exploration activities in Canada for gold, silver, lead and zinc in grass roots exploration.

"With this great opportunity, I would like to welcome Mr. Brisbane to our Board, and I am confident that Mr. Brisbane's over 25 years experience in the mining industry, especially his engineering works in some oversea mining projects, will help our company tremendously in the near future." said Mr. Ming Chiang, Chief Executive Officer of the Company.

This news release contains certain forward-looking statements that reflect the current views and/or expectations of Cavan 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 Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

On behalf of the Board of Directors:

“Ming Chiang”

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