

CANADIAN RESOURCES INCOME TRUST

Press Release

Canadian Resources Income Trust Declares Monthly Distribution

Toronto, May 18, 2010

Attention: Business / Financial Editors

The Board of Directors of CaRIT Limited in its capacity as Trustee for Canadian Resources Income Trust (“CaRIT” or the “Trust”) has declared a cash distribution of \$0.075 per Trust Unit.

Record and payment dates are as follows:

Record Date	Payment Date	Distribution Amount/Trust Unit
May 31, 2010	June 15, 2010	\$0.075

Unitholders are entitled to receive monthly distributions as declared by the Trustee of CaRIT. The Trustee generally intends to declare and pay monthly distributions to the extent of forecasted distributions/dividends to be received for a calendar quarter from the underlying portfolio, less the estimated operating expenses for the period.

CaRIT is an investment trust which provides investors with high current yield and low cost diversification through a fixed portfolio of equity securities of selected Canadian issuers focused on the natural resource industry.

Trust Units of CaRIT are listed for trading on The Toronto Stock Exchange under the symbol RTU.UN.

For more information, please contact

Investor Relations
CaRIT Limited,
Trustee of Canadian Resources Income Trust
(416) 863-7144
E-mail: mc_carit@scotiacapital.com
Web site: www.scotiamanagedcompanies.com

26th Floor, 40 King Street West, Toronto, Ontario M5W 2X6 Tel:(416) 863-7144 Fax:(416) 863-7425