

## FORM 7

### MONTHLY PROGRESS REPORT

Name of CNSX Issuer: Regal Resources Inc. (the "Issuer").

Trading Symbol: RGR

Number of Outstanding Listed Securities: 29,796,139

Date: September 7, 2011

#### Report on Business

1. Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.

**The issuer is continuing with the exploration and development of its Squaw Peak and Patagonia Properties.**

2. Provide a general overview and discussion of the activities of management.

***Management continues to evaluate opportunities for exploration and development of mineral properties.***

3. Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.

***The issuer continues to work on the second phase of exploration drilling at its Squaw Peak Property, located in Yavapai County, Arizona. The Drill rig is active and is currently drilling the first hole in the program. The program is expected to include a minimum of 5 drill holes which will result in approximately 5,000 feet (1,524 meters) of core drilling. Management may expand or compress the drill program dependent on the findings of the first drill hole.***

***In addition the issuer continues to work on the permitting process for the company's Patagonia Property exploration drill program. In addition, the issuer has hired a qualified geologist to produce a technical report on the property. The report is in process at this time. The Patagonia project is located near Nogales, Arizona, 45 miles (72 kilometres) south of Tucson.***

4. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.

**N/A**

5. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.

**None.**

6. Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.

**None.**

7. Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provides details of the relationship.

**None.**

8. Describe the acquisition of new customers or loss of customers.

**None.**

9. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks.

**None.**

10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

**None.**

11. Report on any labour disputes and resolutions of those disputes if applicable.

**None.**

12. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.

**None.**

13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.

**None**

14. Provide details of any securities issued and options or warrants granted.

<b>Security</b>	<b>Number Issued</b>	<b>Details of Issuance</b>	<b>Use of Proceeds</b>
<b>None.</b>			

15. Provide details of any loans to or by Related Persons.

**None.**

16. Provide details of any changes in directors, officers or committee members.

**None.**

17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.

***Changes in commodity prices, in particular metal prices, and changes in the share performance of other junior mineral exploration companies may affect the Issuer's ability to raise financing.***

#### **Certificate Of Compliance**

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof there were is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to CNSX that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all CNSX Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated September 7, 2011.

Gregory M. Thomas  
Name of Director or Senior  
Officer

"Gregory Thomas"  
Signature  
President & CEO

Official Capacity

<b>Issuer Details</b> Name of Issuer <b>Regal Resources Inc.</b>		For Month End August 31, 2011	Date of Report YY/MM/DD <b>11/09/07</b>
Issuer Address <b>Suite 203 - 2780 Granville Street</b>			
City/Province/Postal Code <b>Vancouver, BC V6H 3J3</b>	Issuer Fax No. <b>(604) 730-0967</b>	Issuer Telephone No. <b>(604) 730-0234</b>	
Contact Name <b>Greg Thomas</b>	Contact Position <b>President &amp; CEO</b>	Contact Telephone <b>(604) 730-0234</b>	
Contact Email Address <b>greg@regalresinc.com</b>	Web Site Address <a href="http://www.regalresinc.com">www.regalresinc.com</a>		