Appendix 3Y

Change of Director's Interest Notice

Information or documents not available now must be given to ASX as soon as available. Information and documents given to ASX become ASX's property and may be made public. Introduced 30/9/2001.

Name of entity	ALARA RESOURCES LIMITED (AUQ)
ABN	27 122 892 719

We (the entity) give ASX the following information under listing rule 3.19A.2 and as agent for the director for the purposes of section 205G of the Corporations Act.

Name of Director	FAROOQ KHAN
Date of last notice	24 September 2008

Part 1 - Change of director's relevant interests in securities

In the case of a trust, this includes interests in the trust made available by the responsible entity of the trust

Class		ORDINARY	FULLY PAID SHARES	
Direct or indirect interest	Direct	Indirect		Total
Nature of indirect interest (including registered holder) Note: Provide details of the circumstances giving rise to the relevant interest.	-	Held by OEQ as described above		N/A
No. of securities held prior to change	98,242	9,332,744 held by OEQ 180,000 held by ITS ³		9,610,986
Date of change	-		23 September 2010	
Number acquired	-	-	-	-
·	-	Sub-Total	-	-
Number disposed	-	18	0,000 held by ITS	-
Value		-	-	
/Consideration		-	-	
Note: If consideration is non-	-	-	-	-
cash, provide details and		-	-	
estimated valuation		Sub-Total	-	
No. of securities held after change	98,242	9,33	9,332,744 held by OEQ	
Nature of change Example: on-market trade, off-market trade, exercise of options, issue of securities under dividend reinvestment plan, participation in buy-back	-	Identification of error with previous notices: The Director does not have a greater than 20% voting power in ITS and accordingly, does not have a relevant interest in the AUQ securities in which ITS has a relevant interest pursuant to section 608(3)(a) of the Corporations Act		-

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Orion Equities Limited ABN 77 000 742 843 (OEQ)

Queste Communications Ltd ABN 58 081 688 164 (QUE)

ITS Capital Investments Ltd (formerly Interstaff International Limited) ABN 44 119 436 083 (ITS)

Class	Unlisted Director's Options (with exercise price of 35 cents and expiring on 16 September 2013)			
Direct or indirect interest	Direct	Indirect	Total	
Nature of indirect interest (including registered holder) Note: Provide details of the circumstances giving rise to the relevant interest.	N/A	N/A	N/A	
Date of change	-	-	<u>-</u>	
No. of securities held prior to change	8,200,000	-	-	
Number acquired	-	-	-	
Number disposed	-	-	-	
Value /Consideration Note: If consideration is non- cash, provide details and estimated valuation	-	-	-	
No. of securities held after change	8,200,000	-	-	
Nature of change Example: on-market trade, off-market trade, exercise of options, issue of securities under dividend reinvestment plan, participation in buy-back	-	-	-	

Part 2 – Change of director's interests in contracts

Detail of contract	Not Applicable
Nature of interest	Not Applicable
Name of registered holder	Not Applicable
(if issued securities)	
Date of change	Not Applicable
No. and class of securities to which	Not Applicable
interest related prior to change	
Note: Details are only required for a contract in	
relation to which the interest has changed	
Interest acquired	Not Applicable
Interest disposed	Not Applicable
Value/Consideration	Not Applicable
Note: If consideration is non-cash, provide details	
and an estimated valuation	
Interest after change	Not Applicable

Signature of Director: ×	Date: 24 September 2010
Faroog Khan	