

Holmes Richard W  
 Form 4  
 March 03, 2010

**FORM 4**

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
 Washington, D.C. 20549**

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES**

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
 Holmes Richard W

2. Issuer Name and Ticker or Trading Symbol  
 URANERZ ENERGY CORP. [URZ]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)  
 2611 TANBRIDGE ROAD  
 (Street)

3. Date of Earliest Transaction  
 (Month/Day/Year)  
 03/03/2010

Director  10% Owner  
 Officer (give title below)  Other (specify below)

CHARLOTTE, NC 28226

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)  
 Form filed by One Reporting Person  
 Form filed by More than One Reporting Person

(City) (State) (Zip)

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

| 1. Title of Security (Instr. 3) | 2. Transaction Date (Month/Day/Year) | 2A. Deemed Execution Date, if any (Month/Day/Year) | 3. Transaction Code (Instr. 8) | 4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) | 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 7. Nature of Ownership (Instr. 4) |     |       |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|-----------------------------------|-----|-------|
|                                 |                                      |  |                                | (A) or (D)  | Code  | V  | Amount                            | (D) | Price |

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

**Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.**

SEC 1474 (9-02)

**Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)**

| 1. Title of Derivative Security (Instr. 3) | 2. Conversion or Exercise Price of | 3. Transaction Date (Month/Day/Year) | 3A. Deemed Execution Date, if any (Month/Day/Year) | 4. Transaction Code (Instr. 8) | 5. Number of Derivative Securities Acquired (A) or Disposed of (D) | 6. Date Exercisable and Expiration Date (Month/Day/Year) | 7. Title and Underlying Security (Instr. 3 and 4) |
|--|------------------------------------|--------------------------------------|--|--------------------------------|--|--|---|
|--|------------------------------------|--------------------------------------|--|--------------------------------|--|--|---|

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| Derivative Security  | (Instr. 3, 4, and 5) |            |         | Date Exercisable | Expiration Date       | Title         |
|----------------------|----------------------|------------|---------|------------------|-----------------------|---------------|
|                      | Code                 | V          | (A) (D) |                  |                       |               |
| Common share options | \$ 1.96              | 03/03/2010 | J       | 130,000          | 05/23/2006 05/23/2011 | Common shares |
| Common share options | \$ 3.2               | 03/03/2010 | J       | 45,000           | 01/26/2007 01/26/2012 | Common shares |
| Common share options | \$ 2.64              | 03/03/2010 | J       | 35,000           | 01/07/2008 01/07/2013 | Common shares |
| Common shares        | \$ 0.65              | 03/03/2010 | J       | 37,500           | 01/05/2009 01/05/2014 | Common shares |
| Common share options | \$ 0.65              | 03/03/2010 | J       | 37,500           | 01/05/2009 01/05/2019 | Common shares |
| Common share options | \$ 2.64              | 03/03/2010 | J       | 35,000           | 01/07/2008 01/07/2018 | Common shares |
| Common share options | \$ 3.2               | 03/03/2010 | J       | 45,000           | 01/26/2007 01/26/2017 | Common shares |
| Common share options | \$ 1.96              | 03/03/2010 | J       | 130,000          | 05/23/2006 05/23/2016 | Common shares |

## Reporting Owners

| Reporting Owner Name / Address                                 | Relationships |           |         |       |
|--|---------------|-----------|---------|-------|
|  | Director      | 10% Owner | Officer | Other |
| Holmes Richard W<br>2611 TANBRIDGE ROAD<br>CHARLOTTE, NC 28226 | X             |           |         |       |

## Signatures

Richard Holmes                      03/03/2010  
 \*\*Signature of                      Date  
 Reporting Person

## Explanation of Responses:

- \* If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

**Remarks:**

The expiry period of options held by Mr. Holmes was extended to a term of ten years from their original grant date. This has b

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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