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Arsenault De Form 4	enis C											
May 10, 201	0											
FORM	4									PPROVAL		
	UNITE		ITIES A hington,			NGE (COMMISSION	OMB Number:	3235-0287			
Check thi if no long subject to Section 1 Form 4 o Form 5	OF CHAN	SECUR	Expires: Estimated a burden hou response	rs per								
obligation may cont <i>See</i> Instru 1(b).	ns Section 1'	7(a) of the		ility Hold	ing Com	pany	Act of	e Act of 1934, f 1935 or Sectio 40	n			
(Print or Type F	Responses)											
			Symbol Thomps	2. Issuer Name and Ticker or Trading Symbol Thompson Creek Metals CO Inc.					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
				[TC]					(check an applicable)			
METALS C	(First) PSON CREEK COMPANY, 26 CK CIRCLE, SU	WEST	3. Date of (Month/D 05/06/20	-	ansaction			X Director Officer (give below)		o Owner er (specify		
				ndment, Date Original th/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person				
LITTLETO	N, CO 80120							Form filed by M Person	More than One Re	eporting		
(City)	(State)	(Zip)	Table	e I - Non-Do	erivative S	ecuri	ties Acq	uired, Disposed o	f, or Beneficial	ly Owned		
1.Title of Security (Instr. 3)		2. Transaction Date 2A. Deemed (Month/Day/Year) Execution Date, if any (Month/Day/Year)				sposed	lof	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
Common Stock	05/06/2010			А	15,000 (1)	Α	\$0	84,660	D			
Common Shares								53,000	I	RRSP		
Common Shares								2,940	Ι	Spouse		
Common Shares								5,900	I	Spouse RRSP		

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control number.

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

	I. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exerc	cisable and	7. Titl	e and	8. Price of	9. Nu
]	Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onNumber	Expiration D	ate	Amou	int of	Derivative	Deriv
	Security	or Exercise		any	Code	of	(Month/Day/	Year)	Under	lying	Security	Secu
((Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Secur	ities	(Instr. 5)	Bene
		Derivative				Securities	:		(Instr.	3 and 4)		Owne
		Security				Acquired						Follo
						(A) or						Repo
						Disposed						Trans
						of (D)						(Instr
						(Instr. 3,						
						4, and 5)						
										Amount		
										Amount		
							Date	Expiration	Title	or Number		
							Exercisable Date	inte				
					Code V	(A) (D)			of Shores			
					Coue v	(A) (D)				Shares		

Reporting Owners

	Relationships					
Reporting Owner Name / Add	Director	10% Owner	Officer	Other		
Arsenault Denis C C/O THOMPSON CREEK METALS 26 WEST DRY CREEK CIRCLE, SU LITTLETON, CO 80120	Х					
Signatures						
/s/ Dale Huffman, Attorney-In-Fact	05/10/2010					
<u>**</u>Signature of Reporting Person	Date					

**Signature of 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).

Restricted stock units payable in stock upon vesting. Vests one-third each on first, second and third anniversaries of grant. (1)

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.