MacKay Sandra Rose Form 4/A January 28, 2011

FORM 4

OMB APPROVAL

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

OMB 3235-0287 Number:

Check this box if no longer subject to Section 16.

January 31, Expires: 2005

0.5

Form 4 or Form 5 obligations

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF Estimated average **SECURITIES** burden hours per response...

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 See Instruction

30(h) of the Investment Company Act of 1940

1(b).

Shares

(Print or Type Responses)

may continue.

1. Name and Address of Reporting Person * MacKay Sandra Rose			2. Issuer Name and Ticker or Trading Symbol URANERZ ENERGY CORP. [URZ]					5. Relationship of Reporting Person(s) to Issuer			
(Last)							(Check all applicable)				
SUITE 1410 STREET	3. Date of Earliest Transaction (Month/Day/Year) 01/27/2011					Director 10% Owner X Officer (give title Other (specify below) below) VP Legal & Corp. Secretary					
	(Street) 4. If				te Original			6. Individual or Joint/Group Filing(Check			
	`	Filed(Month/Day/Year)					Applicable Line)				
VANCOUV	01/28/2	01/28/2011					_X_ Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative S	Securi	ties Acq	uired, Disposed o	of, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year) Execution Date any (Month/Day/Y		on Date, if	3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or Code V Amount (D) Price			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 Indirect Beneficial Ownership (Instr. 4)		
Common Shares	01/27/2011			M	17,500	A	\$ 1.33	17,500	D		
Common	01/27/2011			S	17,500	D	\$ 5.16	0	D		

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.

5.16

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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 Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. Number of or Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Common Share Options	\$ 1.33	01/27/2011		M		17,500	01/05/2010	01/05/2020	Common Share Options	17,500

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

MacKay Sandra Rose SUITE 1410 - 800 WEST PENDER STREET VANCOUVER, A1 V6C 2V6

VP Legal & Corp. Secretary

Signatures

Sandra R. MacKay 01/28/2011

**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).

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.

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