

RICHINGS MICHAEL B
Form 4
November 30, 2009

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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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 *
RICHINGS MICHAEL B

(Last) (First) (Middle)

VISTA GOLD CORP, 7961
SHAFFER PARKWAY SUITE 5

(Street)

LITTLETON, CO 80127

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
VISTA GOLD CORP [VGZ]

3. Date of Earliest Transaction
(Month/Day/Year)
11/25/2009

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)
Exec Chairman and CEO

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

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)
				Code V	Amount or Price (A) or (D)		
Common Stock	11/25/2009			M	50,000 A \$ 2.95	D	
Common Stock	11/25/2009			S	200 D \$ 3.19	D	
Common Stock	11/25/2009			S	300 D \$ 3.2	D	
Common Stock	11/25/2009			S	19,609 D \$ 3.21	D	
Common Stock	11/25/2009			S	1,400 D \$ 3.22	D	

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Common Stock	11/25/2009	S	3,400	D	\$ 3.23	112,488	D
Common Stock	11/25/2009	S	3,900	D	\$ 3.24	108,588	D
Common Stock	11/25/2009	S	13,600	D	\$ 3.25	94,988	D
Common Stock	11/25/2009	S	6,200	D	\$ 3.26	88,788	D
Common Stock	11/25/2009	S	1,000	D	\$ 3.27	87,788	D
Common Stock	11/25/2009	S	391	D	\$ 3.28	87,397	D

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

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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. Transaction Code (Instr. 8)	5. Number of 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
Employee Stock Option (Right to Buy)	\$ 2.95	11/25/2009		M	50,000	<u>(1)</u> 11/08/2009 <u>(1)</u>	Common Stock 50,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
RICHINGS MICHAEL B VISTA GOLD CORP 7961 SHAFFER PARKWAY SUITE 5	X		Exec Chairman and CEO	

LITTLETON, CO 80127

Signatures

/s/ Gregory G. Marlier, as attorney-in-fact for Michael B.
Richings

11/30/2009

__Signature of Reporting Person

Date

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).

The original option grant was for 123,304 shares with 1/2 of the options exercisable on 11/9/04 and 1/2 exercisable on 11/9/05. The
(1) expiration date of 11/8/09 was automatically extended pursuant to the terms of the company's option plan. All remaining options have
now expired.

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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