FORM 6-K

Current report of foreign issuer pursuant to Rules 13a-16 and 15d-16 Amendments

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FILER

AVINO SILVER & GOLD MINES LTD

CIK:**316888**| IRS No.: **000000000** | Fiscal Year End: **1231**
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SIC: **1000** Metal mining

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

FORM 6-K

REPORT OF FOREIGN PRIVATE ISSUER PURSUANT TO RULE 13a-16 OR 15d-16 UNDER THE SECURITIES EXCHANGE ACT OF 1934

May, 2009

Commission File Number: **0-9266**

AVINO SILVER & GOLD MINES LTD.

(Translation of registrant's name into English)

400-455 Granville Street, Vancouver, BC, V6C 1T1
(Address of principal executive offices)

Indicate by check mark whether the registrant files or will file annual reports under cover Form 20-F or Form 40-F.

☒ Form 20-F ☐ Form 40-F

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(1): ☐

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(7): ☐

Indicate by check mark whether by furnishing the information contained in this Form, the registrant is also thereby furnishing the information to the Commission pursuant to Rule 12g3-2(b) under the Securities Exchange Act of 1934.

Yes ☐ No ☒

If "Yes" is marked, indicate below the file number assigned to the registrant in connection with Rule 12g3-2(b): 82-

SUBMITTED HEREWITH

Exhibits

99.1	Interim Consolidated Financial Statements For the three months ended March 31, 2010 and 2009
99.2	Management Discussion and Analysis For the three months ended March 31, 2010
99.3	Certification of interim filings - venture issuer basic certificate
99.4	Certification of interim filings - venture issuer basic certificate

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

	AVINO SILVER & GOLD MINES LTD.	
	(Registrant)	
Date: May 31, 2010	By:	/s/ Dorothy Chin
		Dorothy Chin
	Title:	Corporate Secretary

EXHIBIT 99.1

AVINO SILVER & GOLD MINES LTD.

Interim Consolidated Financial Statements

For the three months ended March 31, 2010 and 2009

(unaudited)

Notice to Readers

Under National Instrument 51-102, Part 4.3 (3)(a), if an auditor has not performed a review of the interim financial statements, they must be accompanied by a notice indicating that the financial statements have not been reviewed by an auditor.

The accompanying unaudited interim financial statements of the Company have been prepared by and are the responsibility of the Company's management and approved by the Board of Directors of the Company and have not been reviewed by the Company's independent auditor.

AVINO SILVER & GOLD MINES LTD.
Interim Consolidated Balance Sheets
Expressed in Canadian dollars
(Unaudited)

	March 31, 2010	December 31, 2009 *(audited)*
ASSETS		
Current		
Cash and cash equivalents	$ 2,255,002	$ 2,829,605
Interest receivable	117	146
Sales tax recoverable (Note 6)	124,824	88,725
Prepaid expenses and other assets	69,290	49,614
	2,449,233	2,968,090
Property, Plant & Equipment (Note 5)	1,470,539	1,455,146
Reclamation Bonds	5,500	5,500
Mineral Properties (Note 7)	14,906,308	14,573,506
Investments in Related Companies (Note 8)	268,988	204,036
	$ 19,100,568	$ 19,206,278
LIABILITIES		
Current		
Accounts payable and accrued liabilities	$ 339,215	$ 382,482
Amounts due to related parties (Note 12(a))	151,681	164,690
	490,896	547,172
Future income tax liability	1,694,007	1,694,007
	2,184,903	2,241,179
SHAREHOLDERS' EQUITY		
Share Capital (Note 10)	33,112,072	33,112,072
Contributed Surplus	8,168,379	8,131,629
Treasury Shares (14,180 Shares, at cost)	(101,869)	(101,869)
	41,178,582	41,141,832
Accumulated other comprehensive loss	58,903	(6,049)
Deficit	(24,321,820)	(24,170,684)
	(24,262,917)	(24,176,733)
	16,915,665	16,965,099
	$ 19,100,568	$ 19,206,278

Nature of Operations – Note 1

Approved by the Board of Directors:

"Louis Wolfin" Director   "David Wolfin" Director

The accompanying notes are an integral part of these interim consolidated financial statements

AVINO SILVER & GOLD MINES LTD.
Interim Consolidated Balance Sheets
Expressed in Canadian dollars
(Unaudited)

	Three months ended March 31, 2010	Three months ended March 31, 2009
Operating and Administrative Expenses		
Amortization	$ 48	$ 60
General exploration	313	73
Investor relations	18,925	19,002
Management fees	24,000	24,000
Office and miscellaneous	3,418	33,519
Professional fees	13,955	24,166
Regulatory and compliance fees	8,722	8,707
Salaries and benefits	24,995	22,595
Sales tax (recovery) write-down (Note 6)	-	(6,084)
Stock-based compensation (Note 11)	36,750	-
Travel and promotion	9,262	6,859
	140,388	132,897
Other Income (Expenses)		
Interest income	3,407	20,272
Foreign exchange gain (loss)	(14,155)	2,087
NET LOSS	(151,136)	(110,538)
Other Comprehensive Income (Loss)		
Unrealized gain (loss) on investments in related companies (Note 8)	64,952	35,830
COMPREHENSIVE LOSS	$ (86,184)	$ (74,708)
Loss per Share - Basic and Diluted	$ (0.01)	$ (0.01)
Weighted Average Number of Shares Outstanding	20,584,727	20,584,727

The accompanying notes are an integral part of these interim consolidated financial statements

AVINO SILVER & GOLD MINES LTD.
Interim Consolidated Balance Sheets
Expressed in Canadian dollars
(Unaudited)

	Number of Common Shares	Share Capital	Treasury Shares	Contributed Surplus	Deficit	Accumulated Other Comprehensive Income (Loss)	Total Shareholders' Equity
Balance, December 31, 2007	20,584,727	$ 33,112,072	$ (101,869)	$ 7,287,742	$ (21,644,049)	$ 4,630	$ 18,658,526
Net loss for the year	-	-	-	-	(1,538,876)	-	(1,538,876)
Unrealized loss on investments	-	-	-	-	-	(108,196)	(108,196)
Stock-based compensation	-	-	-	606,000	-	-	606,000
Balance, December 31, 2008	20,584,727	33,112,072	(101,869)	7,893,742	(23,182,925)	(103,566)	17,617,454
Net loss for the year	-	-	-	-	(987,759)	-	(987,759)
Unrealized gain on investments	-	-	-	-	-	97,517	97,517
Stock-based compensation (Note 11)	-	-	-	237,887	-	-	237,887
Balance, December 31, 2009	20,584,727	33,112,072	(101,869)	8,131,629	(24,170,684)	(6,049)	16,965,099
Net loss for the period	-	-	-	-	(151,136)	-	(151,136)
Unrealized loss on investments	-	-	-	-	-	64,952	64,952
Stock-based compensation (Note 11)	-	-	-	36,750	-	-	36,750
Balance, March 31, 2010	**20,584,727**	**$ 33,112,072**	**$ (101,869)**	**$ 8,168,379**	**$ (24,321,820)**	**$ 58,903**	**$ 16,915,665**

The accompanying notes are an integral part of these interim consolidated financial statements

AVINO SILVER & GOLD MINES LTD.
Interim Consolidated Balance Sheets
Expressed in Canadian dollars
(Unaudited)

	Three months ended March 31, 2010	Three months ended March 31, 2009
CASH PROVIDED BY (USED IN):		
OPERATING ACTIVITIES		
Net loss	$ (114,386)	$ (110,538)
Adjustments for non-cash items:		
Amortization	48	60
Sales tax write-down provision	-	(6,084)
Stock-based compensation	36,750	-
	(114,338)	(116,562)
Net change in non-cash working capital (Note 9)	(112,022)	137,046
	(226,360)	20,484
INVESTING ACTIVITIES		
Mineral property exploration expenditures	(332,804)	(66,946)
Property, plant and equipment purchases	(15,441)	-
	(348,245)	(66,946)
Decrease in cash and cash equivalents	(574,605)	(46,462)
CASH AND CASH EQUIVALENTS, Beginning	2,829,605	3,575,241
CASH AND CASH EQUIVALENTS, Ending	$ 2,255,000	$ 3,528,779
SUPPLEMENTARY CASH FLOW DISCLOSURES		
Cash paid for:		
Interest expense	$ -	$ -
Income taxes	-	-

The accompanying notes are an integral part of these interim consolidated financial statements

1. NATURE OF OPERATIONS

Avino Silver & Gold Mines Ltd. (the "Company" or "Avino") was incorporated in 1969 under the laws of the Province of British Columbia, Canada. The Company's principal business activities include the acquisition, exploration and development of mineral properties. The Company owns interests in mineral properties located in Durango, Mexico and in British Columbia and the Yukon, Canada.

The Company is in the exploration stage and is in the process of determining whether these properties contain ore reserves which are economically recoverable.

The recoverability of amounts recorded as mineral properties and related deferred costs is dependent upon the discovery of economically recoverable reserves, maintenance of the Company's legal interests in its mineral claims, obtaining further financing for exploration and development of its mineral claims, re-development of its mining and processing operations and commencement of future profitable production, or receiving proceeds from the sale of all or an interest in its mineral properties.

These interim consolidated financial statements have been prepared in accordance with Canadian generally accepted accounting principles ("Canadian GAAP") applicable to a going concern, which assume that the Company will realize its assets and discharge its liabilities in the normal course of business. The Company will be required to raise new financing through the sale of shares or issuance of debt to continue with the exploration and development of its mineral properties. Although management intends to secure additional financing as may be required, there can be no assurance that management will be successful in its efforts to secure additional financing or that it will ever develop a self-supporting business. These factors together raise substantial doubt about the Company's ability to continue as a going concern. These interim consolidated financial statements do not include any adjustments that might result from the outcome of this uncertainty.

2. SIGNIFICANT ACCOUNTING POLICIES

i) Basis of presentation

These unaudited interim consolidated financial statements have been prepared in Canadian Dollars in accordance with Canadian GAAP with respect to the preparation of interim financial statements. Accordingly, they do not include all of the information and disclosures required by Canadian GAAP for annual financial statements. The accounting policies are the same for the interim financial statements as those described in the audited annual financial statements and the notes thereto for the year ended December 31, 2009.

The interim financial statements include the accounts of the Company and its Mexican subsidiaries. All significant inter-company balances and transactions have been eliminated on consolidation. The Company's Mexican subsidiaries are Oniva Silver and Gold Mines S.A., ("Oniva Silver") which is wholly-owned, Promotora Avino, S.A. De C.V. ("Promotora") in which the Company has a direct 79.09% ownership, and Compania Minera Mexicana de Avino, S.A. de C.V. ("Cia Minera") in which the Company has a 96.60% direct ownership and an additional 2.68% indirect effective ownership held through Promotora. The ownership interests in Cia Minera combine for an effective 99.28% held by the Company as at March 31, 2010 (see Note 4).

These interim consolidated financial statements include the net assets and operations of the Promotora and Cia Minera subsidiaries on a consolidated basis beginning from July 17, 2006 onward.

2. SIGNIFICANT ACCOUNTING POLICIES (Continued)

ii) Recent accounting pronouncements

(a) In February 2008, the CICA announced that Canadian GAAP for publicly accountable enterprises will be replaced by *International Financial Reporting Standards* ("IFRS") for interim and annual financial statements for fiscal years beginning on or after January 1, 2011. The standard also requires that comparative figures for 2010 be based on IFRS. The Company is currently in the planning stages to identify the impact of adopting IFRS on its financial statements and will continue to invest in training and necessary resources to complete the conversion. The Company continues to monitor and assess the impact of convergence of Canadian GAAP and IFRS. The Company anticipates implementation of these standards in its first quarter of 2011 and is currently evaluating the impact of their adoption on its consolidated financial statements.

(b) CICA Section 1582 *Business Combinations*, which replaces Section 1581, *Business Combinations*; CICA Section 1601 *Consolidated Financial Statement* and Section 1602 *Non-Controlling Interests*, which replace Section 1600, *Consolidated Financial Statements*. These new standards are based on the International Financial Reporting Standard 3, *Business Combinations*. These new standards replace the existing guidance on business combination and consolidated financial statements. These new standards require that most assets acquired and liabilities assumed, including contingent liabilities, to be measured at fair value and all acquisition costs to be expensed. These new standards also require non-controlling interests to be recognized as a separate component of equity and net earnings to be calculated without a deduction for non-controlling interests. The objective of these new standards is to harmonize Canadian accounting for business combinations with the International and United States accounting standards. The new standards are to be applied prospectively to business combinations for which the acquisition date is on or after the beginning of the first annual reporting period beginning on or after January 1, 2011, with earlier application permitted. This standard is effective for the Company for interim and annual financial statements beginning on January 1, 2011. The Company has not yet determined the impact of the adoption of this change on its consolidated financial statements.

3. SUBSIDIARY COMPANIA MINERA MEXICANA DE AVINO, S.A. DE C.V.

On February 16, 2009 the Company converted existing loans advanced to its subsidiary Compania Minera Mexicana de Avino, S.A. de C.V. ("Cia Minera") into new additional shares, resulting in the Company's ownership increasing by 9.93% to an effective 99.28%. The inter-company loans and the investment in shares of Cia Minera have been eliminated upon consolidation of the financial statements. The Company had a pre-existing effective ownership interest of 89.35% in Cia Minera during fiscal December 31, 2008 and 2007 prior to the 9.93% increase. The issuance of shares to the Company by Cia Minera on February 16, 2009 resulted in a reduction in the non-controlling interest from 10.65% to 0.72% (see Note 4).

The historic operations of Cia Minera involved the mining of commercial grade ores which produced silver, gold and copper. This plant and mine ceased operations in November 2001 due to low metal prices and the closure of a smelter. The Company is evaluating the re-activation of the mine and has commenced exploration activities on Cia Minera's mineral properties in the state of Durango, Mexico (see Note 7).

Expressed in Canadian dollars

4. NON-CONTROLLING INTEREST

As at March 31, 2010 the Company has an effective 99.28% interest in its subsidiary Cia Minera, and the remaining 0.72% portion is a non-controlling interest, reflecting a change in ownership interests resulting from the shares that Cia Minera issued to the Company on February 16, 2009 (the "Cia Minera Share Transaction") as described in Note 3. In fiscal 2008 the non-controlling interest of Cia Minera was 10.65% and the 9.93% change in the fiscal 2009 ownership results in a reduction of the non-controlling interest.

Cia Minera's operations have generated recurring losses since the Company acquired control of Cia Minera on July 17, 2006 and the owners of the minority interest have not funded and are not required to fund their share of Cia Minera's net losses and have not demonstrated any commitment for funding. Accordingly, the non-controlling interest in Cia Minera operating losses are not recognized as a recoverable asset in these financial statements and there is no allocation of consolidated net losses to the minority interests.

The Cia Minera Share Transaction is accounted for as a capital transaction and the funds that were previously advanced to Cia Minera are consolidated in the financial statements as assets, expenditures or deficit according to the full use of the funds in 2009 or past years. The minority interest has not contributed any assets or funds for Cia Minera's operations and no past losses have been attributed as recoverable from the minority interest, therefore upon the reduction of the minority interest in fiscal 2009 there are no adjustments affecting the balances presented in the consolidated financial statements.

5. PROPERTY, PLANT AND EQUIPMENT

	Cost	Accumulated Amortization	March 31, 2010 Net Book Value	December 31, 2010 Net Book Value
Office equipment, furniture and fixtures	$ 5,512	$ 4,605	$ 907	$ 955
Computer equipment	27,642	6,587	21,055	21,055
Mine mill, machinery and processing plant	1,402,523	-	1,402,523	1,387,082
Mine facilities and equipment	48,416	2,362	46,054	46,054
	$ 1,468,652	$ 13,554	$ 1,470,539	$ 1,455,146

6. SALES TAX RECOVERABLE

The Company's sales tax recoverable consists of the Mexican I.V.A. a Value-Added Tax ("VAT") and the Canadian Goods and Services Tax ("GST") recoverable.

	2009	December 31, 2009
VAT recoverable	$ 126,576	$ 92,706
Write-down provision	(9,143)	(8,873)
VAT net carrying amount	117,433	83,833
GST recoverable	7,391	4,892
Sales tax recoverable	$ 124,824	$ 88,725

The Company records the VAT net of a write-down provision, reflecting an estimate of the amount of the VAT recoverable based on past collection history and the length of time amounts are outstanding.

Expressed in Canadian dollars

7. MINERAL PROPERTIES

	Durango Mexico	British Columbia Canada	Yukon Canada	Total
Balance, December 31, 2008	$ 14,251,649	$ 608,121	$ 1,754	$ 14,861,524
Exploration costs incurre during year:				
Assays	9,480	-	-	9,480
Assessment and taxes	40,948	-	-	40,948
Drilling	156,612	-	-	156,612
Geological	143,149	-	-	143,149
Sale of concentrate	(30,089)	-	-	(30,089)
Impairment of mineral properties	-	(608,118)	-	(608,118)
Balance, December 31, 2009	$ 14,571,749	$ 3	$ 1,754	$ 14,573,506
Exploration costs incurred during period:				
Assays	8,618	-	-	8,618
Assessment and taxes	21,495	-	-	21,495
Drilling	258,618	-	-	258,618
Geological	45,674	-	750	46,424
Sale of concentrate	(2,353)	-	-	(2,353)
Impairment of mineral properties	-	-	-	-
Balance, March 31, 2010	$ 14,903,801	$ 3	$ 2,504	$ 14,906,308

7. MINERAL PROPERTIES (Continued)

Additional information on the Company's mineral properties by region is as follows:

(a) Durango, Mexico

The Company's subsidiary Cia Minera owns 42 mineral claims in the state of Durango, Mexico. In addition four core mineral claims are under leased concessions – exploitation rights to and for the Unification La Platosa, are granted by a lease agreement, to Cia Minera from Minerales de Avino SA de CV. The two concessions, Primer Rey and Avino y Emma, are included in the lease agreement, but are discrete and lie under the town of San Jose de Avino. The agreement is valid until October 31, 2010. An ongoing dispute regarding royalties on the leased mineral claims was settled during fiscal December 31, 2007.

The Company's mineral claims in Mexico are divided into the following four properties:

(i) Avino mine area property

The Avino mine property is situated around the towns of Panucho de Coronado and San Jose de Avino and surrounding the formerly producing Avino mine. There are four exploration concessions covering 154.4 hectares, 24 exploitation concessions covering 1,284.7 hectares and one leased exploitation concession covering 98.83 hectares.

(ii) Stackpole area property

The Stackpole area property is situated with the Avino mine property around the towns of Panucho de Coronado and San Jose de Avino and surrounding the formerly producing Avino mine. Under a royalty agreement covering three mineral concessions, Cia Minera shall pay to Minerales de Avino royalties of 3.5% on mineral extracted, processed and sold from the Unification La Platosa, San Carlos and San Jose concessions. The royalties are to be calculated on a base of net sales (net smelter payment less the cost of sales) less the process costs at the mine.

(iii) Gomez Palacio property

The Gomez Palacio property is located near the town of Gomez Palacio, Durango, Mexico. There are nine exploration concessions covering 2,549 hectares.

(iv) Papas Quiero property

The Papas Quiero property is located near the village of Papas Quiero, Durango, Mexico. There are four exploration concessions covering 2,552.6 hectares and one exploitation concession covering 602.9 hectares.

(b) British Columbia, Canada

The Company's mineral claims in British Columbia are divided into the following three properties:

(i) Aumax property

In 2003 the Company acquired a 100% interest in six Crown granted mineral claims, located in the Lillooet Mining Division of British Columbia, Canada by issuing 200,000 common shares at a price of $0.50 per share and paying $4,000 in cash for total consideration of $104,000. During the January 31, 2007 year end these mineral claims were converted into one claim encompassing all of the original claims.

7. MINERAL PROPERTIES (Continued)

(b) British Columbia, Canada (continued)

(ii) Minto property

The Company has a 100% interest in eight Crown granted mineral claims, eight reverted Crown granted mineral claims and one located mineral claim, situated in the Lillooet Mining Division of British Columbia. During the January 31, 2007 year end these mineral claims were converted into one claim encompassing all of the original claims. The property was written down to a nominal value of $1 in fiscal 2002. The Company recommenced exploration of the property in fiscal 2006 and costs incurred since then have been deferred.

(iii) Olympic-Kelvin property

The Company has a 100% interest in 20 reverted Crown granted mineral claims, one located mineral claim and three fractions located in the Lillooet Mining Division of British Columbia. The property was written down entirely in fiscal 2002. During the January 31, 2007 year end these original mineral claims and fractions were converted into six claims encompassing all of the original claims. The Company recommenced exploration of the property in fiscal 2004 and costs incurred since then have been deferred.

During the fiscal year ended December 31, 2009, the Company wrote down the value of the three British Columbia properties to a nominal value of $1 each. The Company is keeping all claims in good standing however no exploration is currently planned for these properties.

(c) Yukon, Canada

In 2003 the Company acquired a 100% interest in 14 quartz leases, located in the Mayo Mining Division of the Yukon, Canada by issuing 200,000 common shares at a price of $0.50 per share for total consideration of $100,000. The property was written down to a nominal value of $1 in fiscal 2006 by a charge to operations of $103,242.

On November 12, 2008 and amended April 1, 2009, the Company entered into an option agreement with Mega Silver Inc. ("Mega Silver"), whereby Mega Silver can earn the excusive right and option to acquire a 100% title and interest in the Eagle Property located in the Yukon Territory.

To earn a 75% interest in the Eagle Property, Mega Silver must:

- Incur Exploration Costs totalling $7.1 million over five years
- Make total cash payments of $400,000 over five years to Avino.
- Issue 500,000 common shares of Mega Silver in Years 4 and 5 to Avino.

After earning a 75% interest, Mega Silver may either elect to form a Joint Venture with Avino, or earn an additional 25% interest, whereby Mega Silver must:

- Take the property into production, subject to a 2.5% Net Smelter Return, pay the Company $200,000, and $200,000 on or before each yearly anniversary of the production decision until the later of the fifth anniversary or the date of commercial production commences.

During 2008 the Company received $25,000 upon execution of the agreement which was recorded in income.

In 2009 the Company received a notice from Mega Silver which terminated the option agreement.

Expressed in Canadian dollars

8. INVESTMENTS IN RELATED COMPANIES

Investments in related companies comprise the following:

	Cost	Accumulated Unrealized Gains (Losses)	Fair Value 2009	Fair Value 2009
(a) Bralorne Gold Mines Ltd.	$ 205,848	$ (62,529)	$ 143,319	$ 143,319
(b) Levon Resources Ltd.	4,236	121,432	125,668	60,716
(c) Oniva International Services Corporation	1	-	1	1
	$ 210,085	$ 58,903	$ 268,988	$ 204,036

During the period, the Company recognized a $64,952 (March 31, 2009 - $35,830) unrealized gain on investments in related companies classified as available-for-sale in other comprehensive income, representing the change in fair value during the period.

(a) Bralorne Gold Mines Ltd. ("Bralorne")

The Company's investment in Bralorne consists of 179,149 common shares with a quoted market value of $143,319 as at March 31, 2010 (December 31, 2009 - $143,319). Bralorne is a public company with common directors.

(b) Levon Resources Ltd. ("Levon")

The Company's investment in Levon consists of 141,200 common shares with a quoted market value of $125,668 as at March 31, 2010 (December 31, 2009 - $60,716). Levon is a public company with common directors.

(c) Oniva International Services Corporation ("Oniva")

The Company owns a 16.67% interest in Oniva, a private company with common management, which provides office and administration services to the Company. The remaining 83.33% is shared equally between five other companies that are related by some common directors and management. See Note 13 for disclosure on the Company's commitment to Oniva.

9. SUPPLEMENTARY CASH FLOW INFORMATION

	Three months ended March 31, 2010	Three months ended March 31, 2009
Net change in non-cash working capital items:		
Interest receivable	$ 29	$ 2,257
Sales taxes recoverable	(36,099)	179,965
Prepaid expenses	(19,676)	(4,554)
Accounts payable and accrued liabilities	(43,267)	(28,452)
Due to related parties	(13,009)	(12,170)
	$ (112,022)	$ 137,046

Expressed in Canadian dollars

10. SHARE CAPITAL

(a) Authorized: Unlimited common shares without par value

(b) Warrants

During the period ended March 31, 2010 there were no warrants issued or exercised. On February 29, 2008, the TSX Venture Exchange approved the extension of the expiry date for the 2,498,750 warrants expiring on March 20, 2008. The new expiry date for these warrants is March 20, 2009. On February 26, 2009, the TSX Venture Exchange granted approval to further extend these warrants to March 20, 2010. During the period, these warrants expired.

Details of share purchase warrants outstanding are:

	March 31, 2010		December 31, 2009	
Expiry Date	**Exercise Price**	**Warrants Outstanding**	**Exercise Price**	**Warrants Outstanding**
March 20, 2010	$ -	-	$ 2.50	2,498,750

(c) Stock options

The Company has a stock option plan under which it may grant stock options up to 10% of the Company's total number of shares issued and outstanding on a non-diluted basis. The stock option plan provides for the granting of stock options to regular employees and persons providing investor-relation or consulting services up to a limit of 5% and 2% respectively of the Company's total number of issued and outstanding shares per year. The stock options vest on the date of grant, except for those issued to persons providing investor-relation or consulting services, which vest over a period of one year. The option price must be greater or equal to the discounted market price on the grant date and the option term cannot exceed five years from the grant date.

Expressed in Canadian dollars

10. SHARE CAPITAL (Continued)

(c) Stock options (continued)

	Underlying Shares	Weighted Average Exercised Price
Stock options outstanding, December 31, 2008	1,854,500	$ 2.85
Granted	160,000	$ 0.75
Expired or cancelled	(195,000)	$ 2.49
Stock options outstanding, December 31, 2009	1,819,500	$ 0.88
Granted	75,000	$ 0.81
Expired or cancelled	-	-
Stock options outstanding, March 31, 2010	1,894,500	$ 0.87*

Details of stock options outstanding are:

Expiry Date	Exercise Price	March 31, 2010 Stock Options Outstanding	December 31, 2009 Stock Options Outstanding
April 5, 2010	$ 1.35**	42,500	42,500
April 5, 2010	$ 0.75**	219,500	219,500
September 26, 2010	$ 1.35	-	-
September 26, 2010	$ 0.75*	52,500	52,500
March 15, 2011	$ 2.72	-	-
April 26, 2011	$ 3.99	60,000	60,000
April 26, 2011	$ 0.75*	865,000	865,000
February 26, 2013	$ 1.65	10,000	10,000
February 26, 2013	$ 0.75*	410,000	410,000
September 22, 2014	$ 0.75	160,000	160,000
January 14, 2015	$ 0.81	75,000	-
		1,894,500	1,819,500

* Repriced during the year ended December 31, 2009, the Company's shareholders and the TSX Venture Exchange approved a re-pricing of options for directors and employees. See Note 11.
** Subsequent to March 31, 2010, the stock options expired unexercised.

As of March 31, 2010, 1,819,500 stock options (December 31, 2009 – 1,819,500) were exercisable with a weighted average remaining contractual life of 1.75 years (December 31, 2009 – 1.87 years).

Expressed in Canadian dollars

11. STOCK-BASED COMPENSATION

During the period the Company granted stock options to the directors of the Company to purchase up to a total of 75,000 common shares at an exercise price of $0.81 per share pursuant to the Company's stock option plan. The options vested immediately and are exercisable on or before January 14, 2015. The Company recorded stock-based compensation expense of $62,400 for these stock options

During the year ended December 31, 2009 the Company granted stock options to various officers and employees of the Company to purchase up to a total of 160,000 common shares at an exercise price of $0.75 per share pursuant to the Company's stock option plan. The options vested immediately and are exercisable on or before September 22, 2014. The Company recorded stock-based compensation expense of $36,750 for these stock options.

On August 25, 2009, the TSX Venture Exchange approved an amendment to the terms of 1,547,000 outstanding options held by directors and employees by adjusting the exercise price to $0.75 per share. The options previously had exercise prices ranging from $1.35 to $3.99. There were no adjustments to the life of the options. During the year end December 31, 2009, additional stock based compensation of $175,487 was recorded in relation to the re-pricing of the options.

The Company recorded total amount of stock based compensation expense in the amount of $36,750 (2009 - $Nil).

During the 2009 year, 195,000 stock options were forfeited or cancelled.

Option-pricing requires the use of highly subjective estimates and assumptions including the expected stock price volatility. Changes in the underlying assumptions can materially affect the fair value estimates. The fair value of the options re-priced and granted to officers, directors, employees and investor relations consultants was calculated using the Black-Scholes model with following weighted average assumptions and resulting grant date fair value:

	Period Ended March 31, 2010	Year Ended December 31, 2009
Weighted average assumptions:		
Risk-free interest rate	2.46%	1.38%
Expected dividend yield	–	–
Expected option life (years)	5.00	2.27
Expected stock price volatility	76.83%	94.84%
Weighted average fair value at grant date	$ 0.49	$ 0.16

Expressed in Canadian dollars

12. RELATED PARTY TRANSACTIONS AND BALANCES

In the normal course of operations the Company transacts with companies related to Avino's directors or officers. The balances and transactions with related parties not disclosed elsewhere in these financial statements are as follows:

(a) Amounts due to related parties:

	March 31, 2010	December 31, 2009
Directors	$ 3,750	$ 18,000
Frobisher Securities Ltd.	-	516
Oniva International Services Corp.	147,399	145,120
Sampson Engineering Inc.	531	1,054
	$ 151,681	$ 164,690

The amounts due to related parties are non-interest bearing, unsecured and due on demand.

(b) The Company recorded the following amounts for management and consulting services provided by the following companies:

	Three months ended March 31, 2010	March 31, 2009
Intermark Capital Corp	$ 24,000	$ 24,000
Wear Wolfin Design Ltd.	7,500	7,500
	$ 31,500	$ 31,500

(c) The Company recorded the following amounts for other services provided by the following companies:

	Three months ended March 31, 2010	March 31, 2009
Sampson Engineering Inc.	$ 1,517	$ 2,039
	$ 1,517	$ 2,039

(d) The Company recorded the following amounts for administrative services and expenses provided by Oniva International Services Corp.:

	Three months ended March 31, 2009	March 31, 2009
Salaries and benefits	$ 24,191	$ 22,271
Office and miscellaneous	14,491	16,101
	$ 38,681	$ 38,372

All related party transactions are recorded at the exchange amount, representing the value agreed upon by the Company and the related party, which management believes approximates fair value.

13. COMMITMENTS

The Company entered into a cost sharing agreement dated October 1, 1997, and amended November 1, 2003 to reimburse Oniva for a percentage of its overhead expenses, to reimburse 100% of its out-of-pocket expenses incurred on behalf of the Company, and to pay a percentage fee based on the total overhead and corporate expenses. The agreement may be terminated with one-month notice by either party. Transactions and balances with Oniva are disclosed in Note 12.

The Company has an agreement in which monthly operating services will be performed through to September 2010 in Durango, Mexico at a total committed cost of $85,131 (services denominated in USD$81,000).

On November 27, 2009, the Company entered into an agreement with a mining contractor for development work and extraction of ore. The agreement is for a term of six months starting from the Company making the required advance payment toward the project. In December 2009, the Company advanced the contractor $36,054 (payment denominated in MXN$450,000) which has been recorded as prepaid expenditures. During the period, the Company advanced the contractor a further $36,054 (payment denominated in MXN$450,000). These two advances represent the total advance required to begin the contract. The agreement is based on unit rates with no minimum amounts required to be completed.

14. CAPITAL MANAGEMENT

The Company's objectives when managing capital are to safeguard the Company's ability to continue as a going concern in order to pursue the exploration and development of its properties and to maintain flexible capital structure for its projects for the benefit of its stakeholders. In the management of capital, the Company includes the components of shareholders' equity as well as cash and cash equivalents.

The Company manages the capital structure and makes adjustments to it in light of changes in economic conditions and the risk characteristics of the underlying assets. To maintain or adjust the capital structure, the Company may attempt to issue new shares or adjust the amount of cash and cash equivalents. Management reviews the capital structure on an ongoing basis and believes that this approach, given the relative size of the Company, is reasonable. The Company is not subject to externally imposed capital requirements.

15. SEGMENTED INFORMATION

The Company's operations are limited to one industry segment, being the acquisition, exploration and development of mineral properties. Regional geographic information pertaining to the Company's mineral properties is disclosed in Note 7.

Expressed in Canadian dollars

16. FINANCIAL INSTRUMENTS AND RISKS

(a) Classification

The Company has classified its cash and cash equivalents as held-for-trading. Investments in related companies are classified as available-for-sale. Accounts payable and amounts due to related parties are classified as other liabilities. Interest receivable is classified as held for trading.

The following table summarizes information regarding the carrying values of the Company's financial instruments:

	March 31, 2010	December 31, 2009
Held for trading (i)	$ 2,255,119	$ 2,829,751
Available for sale (ii)	268,988	204,036
Other financial liabilities (iii)	490,896	547,172

(i) Cash and cash equivalents and interest receivable
(ii) Investments in related companies
(iii) Accounts payable and amounts due to related parties

(b) Fair values

The Company's financial instruments consist of cash and cash equivalents, interest receivable investments in related companies, accounts payable and amounts due to related parties. The carrying amounts of these short-term financial instruments are a reasonable estimate of their fair value because of their current nature, and the investments in related companies are carried at fair values based on quoted market prices.

The Company classifies its fair value measurements in accordance with an established hierarchy that prioritizes the inputs in valuation techniques used to measure fair value as follows:

Level 1 – Unadjusted quoted prices in active markets for identical assets or liabilities;

Level 2 – Inputs other than quoted prices that are observable for the asset or liability either directly (i.e. as prices) or indirectly (i.e. derived from prices); and

Level 3 – Inputs that are not based on observable market date.

The following table sets forth the Company's financial assets measured at fair value by level within the fair value hierarchy:

	Level 1	Level 2	Level 3	Total March 31, 2010
Cash and cash equivalents	$ 2,255,002	$ -	$ -	$ 2,255,002
Investments in related companies	268,988	-	-	268,988
	$ 2,523,990	$ -	$ -	$ 2,523,990

(c) Interest rate risk

In management's opinion, the Company is not exposed to significant interest rate risk as the Company has no interest bearing debt.

16. FINANCIAL INSTRUMENTS AND RISKS (Continued)

(d) Foreign exchange rate risk

The operations and financial instruments of the Company's subsidiaries are denominated in Mexican pesos ("MXN") and are converted into Canadian dollars as the reporting currency in these financial statements. Fluctuations in the exchange rates between the Mexican peso and the Canadian dollar could have a material effect on the Company's business and on the reported amounts of the Company's financial instruments. The Company is exposed to foreign exchange rate risk relating to cash denominated in Mexican pesos totalling $2,459 (MXN$29,784), and accounts payable denominated in pesos totalling $290,754 (MXN$3,521,724). The Company does not utilize any financial instruments or cash management policies to mitigate the risks arising from changes in foreign currency rates.

(e) Credit risk

The Company's cash and equivalents are primarily held in a GIC and in accounts with Canadian financial institutions, and as at March 31, 2010 cash and cash equivalents substantially exceed the amounts covered under federal deposit insurance. To minimize the credit risk on cash and cash equivalents the Company uses high quality financial institutions. As at March 31, 2010 the Company has no financial assets that are past due or impaired due to credit risk defaults.

(f) Liquidity risk

The Company ensures its holding of cash and cash equivalents is sufficient to meet its operational requirements. The Company handles its liquidity risk through the management of its capital structure. All of the Company's financial liabilities have contractual maturities of approximately 30 days or are due on demand and are subject to normal trade terms.

(g) Market risk

Market risk is the risk that the fair value of, or future cash flows from, the Company's financial instruments will significantly fluctuate due to changes in market prices. The sale of the financial instruments can be affected by changes in interest rates, foreign exchange rates, and equity prices. The Company is exposed to market risk in trading its investments, and unfavourable market conditions could result in dispositions of investments at less than favourable prices. The Company's investments are accounted for at estimated fair values and are sensitive to changes in market prices, such that changes in market prices result in a proportionate change in the carrying value of the Company's investments. The Company's ability to raise capital to fund mineral resource exploration is subject to risks associated with fluctuations in mineral resource prices. Management closely monitors commodity prices, individual equity movements, and the stock market to determine the appropriate course of action to be taken by the Company.

(h) Sensitivity analysis

The Company has completed a sensitivity analysis to estimate the impact on net loss for the year which a change in foreign exchange rates would have had. A change of +/- 10% in MXN$ foreign exchange rate would have an impact of approximately +/- $17,300 on the Company's net loss. This impact results from the Company's MXN$ based balances of monetary assets and liabilities.

AVINO SILVER & GOLD MINES LTD.

MANAGEMENT DISCUSSION AND ANALYSIS FOR THE THREE MONTHS ENDED MARCH 31, 2010

The following discussion and analysis of the operations, results and financial position of Avino Silver & Gold Ltd. (the "Company" or "Avino") should be read in conjunction with the Company's unaudited interim consolidated financial statements for the three month period ended March 31, 2010 and the audited financial statements for the year ended December 31, 2009 and the notes thereto.

This Management' Discussion and Analysis ("MD&A") is dated May 21, 2010 and discloses specified information up to that date. Avino is classified as a "venture issuer" for the purposes of National Instrument 51-102. The Financial Statements are prepared in accordance with Canadian Generally Accepted Accounting Principles ("Canadian GAAP") and unless otherwise cited, references to dollar amounts are Canadian dollars.

Throughout this report we refer to "Avino", the "Company", "we", "us", "our" or "its". All these terms are used in respect of Avino Silver & Gold Mines Ltd. ***We recommend that readers consult the "Cautionary Statement" on the last page of this report.*** Additional information relating to the Company is available on SEDAR at www.sedar.com.

Business Description

Founded in 1968, Avino's principal business activities are the exploration and development of mineral properties. The Company holds an 99.28% equity interest in Compañía Minera Mexicana de Avino, S.A. de C.V. ("Cia Minera"), a Mexican corporation which owns the Avino Silver Mine, located in the state of Durango, Mexico ("Avino Mine"). The Company also holds mineral claims in the Yukon and British Columbia, Canada.

Avino is a reporting issuer in British Columbia and Alberta, a foreign issuer with the Securities & Exchange Commission and trades on the TSX Venture Exchange under the symbol ASM, on the OTCBB under the symbol ASGMF and on the Berlin & Frankfurt Stock Exchanges under the symbol GV6. In November 2006, the Company's listing on the TSX Ventures Exchange was elevated to Tier 1 status. In January 2008, Avino announced the change of its financial year end from January 31 to December 31. The change was completed in order to align the Company's financial statements reporting requirement with its Mexico subsidiaries which operate on a calendar fiscal year.

Overall Performance and Outlook

Avino Mine Property near Durango, Mexico

During the quarter, the Company provided progress reports and updates on the bulk sampling program and by April 2010 reported significant progress towards its goal of beginning a 10,000 tonne bulk sample to facilitate a production decision regarding San Gonzalo. Plant refurbishing is nearly complete and management expects to begin processing stockpiled ore for commissioning and testing purposes during the second quarter of 2010. Construction of the surface infrastructure and underground development are ongoing, and the Company expects to treat the 10,000 tonne San Gonzalo bulk sample after the stockpiled ore test has been completed.

Summary of Significant Events

Underground Mining

In January, Desarrollo Minero Guadalupe S.A. de C.V. ("DMG"), began driving the decline for development work and extraction of the bulk sample and intersected the San Gonzalo vein in May. Several narrow alterations rich in pyrite have been noted and logged during the advancement of the ramp. Channel and chip samples from these vein lets have been collected and delivered to SGS analytical labs in Durango. The 10m cut out for equipment turnaround in the ramp has been completed.

In addition to the larger haulage ramp, the mining contract includes driving an extraction drift, 2 crosscuts, 2 raises and a smaller ramp for ventilation and the escape way. The Company expects to extend this contract with continued mining operations in the event the bulk sampling program results in positive cash flow.

Buildings and Power Supply

The mine office, workshop and diesel fuel storage are approximately 80% complete. Any spills from the workshop and fuel storage will be contained and filtered as per the design reported in the land use permits. For the development work, DMG has provided the power generator and air compressor until replacements have been purchased.

Tailings and Reclaim Water Supply

The tailing reclaim water system is in place and operational. The system consists of a well pump, steel pipeline and two water storage tanks for the supply of process water to the plant. Plans are also in place to reactivate the La Caricol water system to ensure continuation of the milling operations during the dry season.

Electrical

An agreement with Mexico's state power utility commission CFE (Commission Federal de Electricidad) has resulted in an increase to the supply of power together with an electrical system upgrade which allows the Company to operate the 250 tpd circuit on a sustained basis. The majority of this work has been completed. Additional work will be required as more equipment is added to the operation including pumping requirements for the La Caricol water system.

Plant Refurbishing

The crushing circuit is currently undergoing commissioning and the Company has received a report from Metso Minerals verifying that the cone crusher is ready for service and the installation of the lubrication system is within specification.

The jaw crusher, screen and various conveyor belts have been tested and are expected to be problem free. Longer running times are required to ensure moving parts will not overheat during operations.

The 8x6 ball mill was started empty and the speed was measured at 22rpm. At this speed, it represents a little over 80% of critical so its capacity has been optimized. Ball charge is expected to range from 12 to 16 tonnes depending on the percentage desired loading.

Permits

The Company secured all permits to operate the San Gonzalo deposit and the processing plant at the rate of 250 tonnes per day ("tpd"). These permits are valid for processing the 10,000 tonne bulk sample as well as for full production. These permits are in good standing with regular submissions to the regulatory authorities to maintain compliance such as the explosives and the land use permits.

Assay Lab

Repairs to the assay lab have been completed. Purchases of glassware, balances and reagents have been placed. Training on the new Varian AAS unit has been provided by the Supplier as per the purchase agreement. Replacement pulverizer plates have been ordered for the sample preparation facility.

Key Personnel

During the quarter, the Company hired a Mining Engineer to monitor the development of the mine and oversee the work of DMG, a Plant Manager to oversee the operation of the plant and an Assayer.

Progress Update For 2010

Bulk Sampling to Confirm Grade and Recoveries

The Company's focus continues to be the development of the mine and plant to conduct a 10,000 tonne bulk sample from the high-grade San Gonzalo zone. This sample will allow the Company to assess economics of the zone and confirm mineral grades obtained through earlier diamond drilling. The Company is also investigating potential buyers for the San Gonzalo concentrate. Samples have been shipped to various smelters for testing. The goal is to complete the bulk sample program and move into full production if results are positive.

The bulk sampling program will begin by processing older stockpiled materials grading 0.41% Cu, 90 g Ag/t and 1.1 g Au/t. This step will allow the fine tuning of the refurbished 250 tpd plant circuit prior to processing the higher grade San Gonzalo material.

NI 43-101 Resource Calculation

An NI 43-101 resource calculation for San Gonzalo, completed by Orequest Consultants, estimates that the zone contains 4.75 million ounces of silver and 37,300 ounces of gold, calculated as follows:

Tonnes	Ag g/t	Au g/t	Zinc %	Lead %
444,250	332	2.61	1.5	1.0

These figures were compiled from 2007 surface drilling at San Gonzalo (January to December 2007, 40 holes, 9,204 metres), which produced some significant silver intersections.

The decline will descend into the San Gonzalo vein, where drilling over the past two years has outlined a resource of 444,250 tonnes grading 332 g/t silver, 2.61 g/t gold, 1.5% zinc and 1.0% lead. Exploration and development to expand the resource will continue.

In addition, Avino is also planning to explore new areas of the property, expand upon discoveries made in 2008 and follow up on the 2008 mapping and sampling. At present, trenching and 9,000 metres (29,520 feet) of new drilling have been proposed for up to 15 areas of the property. These proposals will be reviewed once the bulk sampling program has been completed.

Avino has operated continuously in Mexico since 1968, a period in which the Avino Mine produced for 27 years. During the long history, the Company has weathered a number of difficult economies. While the current market clearly presents challenges, the Company's cash position of approximately C$2 million puts it in a strong position for continued growth and to bring the mine back into production. The Company will continue to invest aggressively in exploration and development.

Avino is uniquely positioned among the many emerging producers in Mexico. Through its majority ownership in the Avino Mine, recovery plant and surrounding property holdings all may provide its shareholders to profit from the strong metal markets that the Company believes lay ahead. Avino remains committed to returning to profitable mining operations and are very excited about the opportunity to build this company into a significant producer of precious and base metals. Avino adheres to the highest standards of environmental responsibility, to supporting the local community with the highest standards of business practices and to the long-term success of its shareholders.

Eagle Property, Yukon Territory

The Eagle property, held 100% by Avino is located on the south slopes the prolific Galena Hill in the Keno City silver mining camp in north-central Yukon, 350 km north of Whitehorse. On November 13, 2008, the Eagle property was consolidated under option (now terminated) into the Eagle Project by Mega Precious Metals ("Mega"; formerly Mega Silver Inc.) of Thunder Bay, Ontario. From May 15 to September 17, 2009, Mega completed six NTW diamond drill holes on the Eagle property totaling 1,897.1m.

The 2009 Eagle Project work program was successful in indentifying strong silver-gold-indium enriched zinc and lead mineralization hosted in the Eagle vein fault, a known and proven host of significant intercepts of Pb-Zn-Ag mineralization, including a reported 7,624.9 g/t Ag, 1.2% Pb and 1.5% Zn over 0.15metres (hole E64-23). The 2009 work has also established that indium, used in plasma screens, is present in significant concentrations of up to 285.4 g/t indium (In) over 1.8m (Hole D09EE-11) in the sphalerite enriched Eagle vein.

Mega has returned the Eagle property to Avino due to a change in its corporate exploration objective which is now focused in the Red Lake gold camp in northwest Ontario. The Company's feels that not enough work has occurred to fully expose the potential of the property.

Outlook

With prices for silver and gold remaining at historically high levels, the Company is working aggressively to capitalize on this trend by bringing the Avino Mine back into operation as quickly as possible. The Company expects to begin test operation of the plant in the second quarter of 2010. Processing of ore from the San Gonzalo zone will follow once this testing phase is complete.

Management remains focused on the following key objectives:

1) Begin bulk sampling on the San Gonzalo zone;

2) Complete bulk sampling and move into full production;

3) Expand the San Gonzalo resource;

4) Investigate the mineral potential of the many unexplored areas of the Avino property.

Results of Operations

Three months ended March 31, 2010 compared with the three months ended March 31, 2009.

Operating and administrative expenses

Operating and administrative expenses were $140,388 for the three months ended March 31, 2010 as compared with of $132,897 for the three months ended March 31, 2009, an increase of $7,491. Operating and administrative expenses were relatively constant during the period with reductions of $30,101 in office and $10,211 in professional fees. These were offset by increase of $36,750 in stock-based compensation, $2,400 in salaries, $2,403 in travel and $6,084 in sales tax recoverable. Stock-based compensation increased as a result stock options granted during the period.

Loss for the period

The loss for the three months ended March 31, 2010 was $151,136 compared with a loss of $110,538 for the three months ended March 31, 2009, a difference of $40,598. The differences include an increase in general and administrative expenses of $7,491 as discussed above, a reduction in interest income of $16,865 and foreign exchange of $16,242. Interest income was $3,407 in the current period compared to $20,272 in the prior year. Foreign exchange was a loss of $14,155 as compared to a gain of $2,087 in the prior year.

Summary of Quarterly Results

	2010	**2009**	**2009**	**2009**	**2009**	**2008**	**2008**	**2008**
Period ended	**Mar 31 Q1**	**Dec 31 Q4**	**Sept 30 Q3**	**Jun 30 Q2**	**Mar 31 Q1**	**Dec 31 Q4**	**Sept 30 Q3**	**Jun 30 Q2**
Gain (Loss) for the period	$ (151,136)	$ (716,898)	$ (41,545)	$ (118,778)	$ (110,538)	$ (869,144)	$ 164,833	$ (300,847)
Loss per share	(0.01)	(0.00)	(0.00)	(0.01)	(0.01)	(0.04)	0.01	(0.01)
Total assets	19,100,568	19,206,278	20,106,051	19,934,900	20,010,900	20,126,230	20,820,081	20,726,621

Quarterly results often fluctuate with changes in non-cash items such as stock-based compensation, future income tax and foreign exchange variances. The higher cost in the current quarter related to stock-based compensation associated with the granting of stock options. The lower loss in the third quarter of fiscal 2009 was a result of the recovery of the Mexican Value-Added-Tax. While in the fourth quarter of 2009, the Company incurred a write down on British Columbia mineral properties of $608,118.

Liquidity and Capital Resources

During the period ended March 31, 2010, the Company incurred expenditures that increased its mineral property carrying value on its Mexican properties by $332,802 and capital assets by $15,441. At this time the Company has no operating revenues but earned interest income of $3,407 during the three months ended March 31, 2010. As the Company's cash and cash equivalents will continue to be drawn down by operations therefore interest income is expected to decrease in future periods.

At March 31, 2010, the Company had working capital of $1,958,337 and cash equivalents of $2,255,002. The Company is continuing its exploration program and refurbishing of its mine facility for a bulk sampling program in Mexico. The annual cost for the bulk sampling program estimated by Orequest was $2,651,000 U.S. and the Company has stayed well below budget. The Company has no immediate plans for the British Columbia properties at this time.

The Company continues in the exploration stage until such time that the Avino Mine is re-opened. The investment in and expenditures for the mineral properties comprise most of the Company's assets along with a lesser asset amount in regards to the Avino Mine facilities and equipment. The recoverability of amounts shown for its mineral property interest and related deferred costs and the Company's ability to continue as a going concern is dependent upon the continued support from its directors, the discovery of economically recoverable reserves and the ability of the Company to obtain the financing necessary to complete development and achieve profitable operations in the future. The outcome of these matters cannot be predicted at this time.

Mineral exploration and development is capital extensive, and in order to re-commence operations at the Avino Mine, the Company may be obliged to raise new equity capital in the future. There is no assurance that the Company will be successful in raising additional new equity capital.

Off-Balance Sheet Arrangements

The Company has no off-balance sheet arrangements.

Transactions with Related Parties

During the three months ended March 31, 2010, the company paid, or made provision for the future payment of the following amounts to related parties:

i) $38,681 (2009 - $38,372) for administrative expenses (rent, salaries, office supplies and other miscellaneous disbursements) to Oniva International Services Corp ("Oniva"), a private company beneficially owned by the Company and a number of other public companies related through common directors;

ii) $24,000 (2009 - $24,000) to a private company controlled by a Director for management fees;

iii) $7,500 (2009 - $7,500) to a private company controlled by a director of a related company for consulting fees;

iv) $1,517 (2009 - $2,039) to a private company controlled by a director of a related company for geological consulting services;

v) $3,750 (2009 - $3,750) to Directors for Directors fees.

The amounts due to related parties consist of $147,399 (December 31, 2009 - $145,120) due to Oniva; $3,750 (December 31, 2009 - $18,000) due to Directors for Directors fees; $531 (December 31, 2009 - $1,054) due to a Director for geological services; and $Nil (December 31, 2009 - $516) due to a private company controlled by a Director for an expense reimbursement.

All related party transactions are recorded at the value agreed upon by the Company and the related party. The amounts due from and due to related parties are non-interest bearing, non-secured and with no stated terms of repayment.

Disclosure of Management Compensation

During the three months ended March 31, 2010, $24,000 was paid to the President for services as director and officer of the Company; $4,875 was paid to the Corporate Secretary for services as an officer of the Company; and $5,408 was paid to the Chief Financial Officer for services as an officer of the Company.

Recent Accounting Pronouncements

Recent Canadian accounting pronouncements that have been issued but are not yet effective, and which may affect the Company's financial reporting are summarized below. For details of the specific accounting changes, refer to Note 3 (xvi) of the Company's Consolidated Financial Statements for the three months ended March 31, 2010:

i) Section 1582 Business Combinations
ii) Section 1601 Consolidated Financial Statements
iii) Section 1602 Non-controlling Interests

In addition to these changes, in February 2008 the CICA announced that Canadian GAAP for publicly accountable enterprises will be replaced by International Financial Reporting Standards ("IFRS") for the interim and annual financial statements for fiscal years beginning on or after January 1, 2011. The standard also requires that comparative figures for 2010 be based on IFRS.

The Company is developing an IFRS conversion plan which will include an in-depth analysis of the IFRS standards, with priority being placed on those that have been identified as possibly having a significant impact. Analysis will include identifying the differences between IFRS and the Company's accounting policies and assessing the impact of the difference. Changes in accounting policies are likely to impact the Company's consolidated financial statements.

Outstanding Share Data

The Company has an unlimited number of common shares without par value as authorized share capital of which 20,584,727 were outstanding as at March 31, 2010 and May 21, 2010.

The following are details of outstanding share options as at March 31, 2010 and May 21, 2010:

Expiry Date		Exercise Price Per Share	Number of Shares Remaining Subject to Options (Mar 31/10)	Number of Shares Remaining Subject to Options (May 21/10)
April 5, 2010	$	1.35	42,500	-
April 5, 2010	$	0.75*	219,500	-
September 26, 2010	$	0.75*	52,500	52,500
April 26, 2011	$	3.99	60,000	60,000
April 26, 2011	$	0.75*	865,000	865,000
February 27, 2013	$	1.65	10,000	10,000
February 27, 2013	$	0.75*	410,000	410,000
September 22, 2014	$	0.75	160,000	160,000
January 14, 2015	$	0.81	75,000	75,000
			1,894,500	**1,632,500**

* These options were re-priced to $0.75 on August 25, 2009. The original prices for these options were granted at various prices of $1.35, $1.65 and $3.99. Disinterested shareholders' approval was obtained on June 26, 2009 for the re-pricing of the options to insiders and the TSX Venture Exchange approved all re-pricing on August 25, 2009.

The Company has no outstanding warrants as at March 31, 2010 and May 21, 2010:

Commitments

The Company entered into a cost sharing agreement dated October 1, 1997, and amended November 1, 2003 to reimburse Oniva for a percentage of its overhead expenses, to reimburse 100% of its out-of-pocket expenses incurred on behalf of the Company, and to pay a percentage fee based on the total overhead and corporate expenses. Either party may terminate the agreement with one-month notice. Transactions and balances with Oniva, which is a related company, are disclosed in the transactions with related parties section.

Disclosure Controls and Procedures

The Chief Executive Officer and the Chief Financial Officer of the Company are responsible for evaluating the effectiveness of the Company's disclosure controls and procedures and have concluded, based on our evaluation, that they are effective as at March 31, 2010 to ensure that information required to be disclosed in reports filed or submitted under Canadian securities legislation is recorded, processed, summarized and reported within the time period specified in those rules and regulations.

Internal Controls Over Financial Reporting

The Chief Executive Officer and the Chief Financial Officer of the Company are responsible for designing internal controls over financial reporting, or causing them to be designed under their supervision, to provide reasonable assurance regarding the reliability of financial reporting and the preparation of financial statements for external purposes in accordance with Canadian GAAP. The Company assessed the design of the internal controls over financial reporting as at March 31, 2010 and concluded that there are material weaknesses in internal controls over financial reporting, which are as follows:

a) Due to the limited number of staff resources, the Company believes there are instances where a lack of segregation of duties exist to provide effective controls; and

b) Due to the limited number of staff resources, the Company may not have the necessary in-house knowledge to address complex accounting and tax issues that may arise.

The weaknesses and their related risks are not uncommon in a company the size of the Company because of limitations in size and number of staff. The Company believes it has taken steps to mitigate these risks by increasing financial reporting personnel, consulting outside advisors and involving the Audit Committee and Board of Directors in reviews and consultations where necessary. However, these weaknesses in internal controls over financial reporting could result in a more than remote likelihood that a material misstatement would not be prevented or detected. The Company believes that it must take additional steps to further mitigate these risks by consulting outside advisors on a more regular and timely basis and continuing to do periodic on-site inspections of the accounting records in Mexico.

There have been no changes in the Company's internal controls over financial reporting that occurred during the period ended March 31, 2010 that have materially affected, or are reasonably likely to materially affect, the Company's internal controls over financial reporting.

Cautionary Statement

This MD&A is based on a review of the Company's operations, financial position and plans for the future based on facts and circumstances as of May 21, 2010. Except for historical information or statements of fact relating to the Company, this document contains "forward-looking statements" within the meaning of applicable Canadian securities regulations. There can be no assurance that such statements will prove to be accurate, and future events and actual results could differ materially from those anticipated in such statements. Important factors that could cause actual results to differ materially from our expectations are disclosed in the Company's documents filed from time to time via SEDAR with the Canadian regulatory agencies to whose policies we are bound. Forward-looking statements are based on the estimates and opinions of management on the date the statements are made, and we do not undertake any obligation to update forward-looking statements should conditions or our estimates or opinions change. These statements involve known and unknown risks, uncertainties, and other factor that may cause the Company's actual results, levels of activity, performance or achievements to be materially different from any future results, levels of activity, performance or achievement expressed or implied by these forward-looking statements.

Form 52-109FV2
Certification of interim filings - venture issuer basic certificate

I, **Louis Wolfin, Chief Executive Officer, of Avino Silver & Gold Mines Ltd.**, certify the following:

1. ***Review:*** I have reviewed the interim financial statements and interim MD&A (together, the "interim filings") of ***Avino Silver & Gold Mines Ltd.*** (the "issuer") for the interim period ended ***March 31, 2010***.

2. ***No misrepresentations:*** Based on my knowledge, having exercised reasonable diligence, the interim filings do not contain any untrue statement of a material fact or omit to state a material fact required to be stated or that is necessary to make a statement not misleading in light of the circumstances under which it was made, with respect to the period covered by the interim filings.

3. ***Fair presentation:*** Based on my knowledge, having exercised reasonable diligence, the interim financial statements together with the other financial information included in the interim filings fairly present in all material respects the financial condition, results of operations and cash flows of the issuer, as of the date of and for the periods presented in the interim filings.

Date: ***May 31, 2010***

"Louis Wolfin"

Louis Wolfin
Chief Executive Officer

NOTE TO READER

In contrast to the certificate required for non-venture issuers under National Instrument 52-109 *Certification of Disclosure in Issuers' Annual and Interim Filings* (NI 52-109), this Venture Issuer Basic Certificate does not include representations relating to the establishment and maintenance of disclosure controls and procedures (DC&P) and internal control over financial reporting (ICFR), as defined in NI 52-109. In particular, the certifying officers filing this certificate are not making any representations relating to the establishment and maintenance of

i) controls and other procedures designed to provide reasonable assurance that information required to be disclosed by the issuer in its annual filings, interim filings or other reports filed or submitted under securities legislation is recorded, processed, summarized and reported within the time periods specified in securities legislation; and

ii) a process to provide reasonable assurance regarding the reliability of financial reporting and the preparation of financial statements for external purposes in accordance with the issuer's GAAP.

The issuer's certifying officers are responsible for ensuring that processes are in place to provide them with sufficient knowledge to support the representations they are making in this certificate. Investors should be aware that inherent limitations on the ability of certifying officers of a venture issuer to design and implement on a cost effective basis DC&P and ICFR as defined in NI 52-109 may result in additional risks to the quality, reliability, transparency and timeliness of interim and annual filings and other reports provided under securities legislation.

Form 52-109FV2
Certification of interim filings - venture issuer basic certificate

I, **Lisa Sharp, Chief Financial Officer, of Avino Silver & Gold Mines Ltd.**, certify the following:

1. ***Review:*** I have reviewed the interim financial statements and interim MD&A (together, the "interim filings") of ***Avino Silver & Gold Mines Ltd.*** (the "issuer") for the interim period ended ***March 31, 2010***.

2. ***No misrepresentations:*** Based on my knowledge, having exercised reasonable diligence, the interim filings do not contain any untrue statement of a material fact or omit to state a material fact required to be stated or that is necessary to make a statement not misleading in light of the circumstances under which it was made, with respect to the period covered by the interim filings.

3. ***Fair presentation:*** Based on my knowledge, having exercised reasonable diligence, the interim financial statements together with the other financial information included in the interim filings fairly present in all material respects the financial condition, results of operations and cash flows of the issuer, as of the date of and for the periods presented in the interim filings.

Date: ***May 31, 2010***

"Lisa Sharp"

____
Lisa Sharp
Chief Financial Officer

NOTE TO READER

In contrast to the certificate required for non-venture issuers under National Instrument 52-109 *Certification of Disclosure in Issuers' Annual and Interim Filings* (NI 52-109), this Venture Issuer Basic Certificate does not include representations relating to the establishment and maintenance of disclosure controls and procedures (DC&P) and internal control over financial reporting (ICFR), as defined in NI 52-109. In particular, the certifying officers filing this certificate are not making any representations relating to the establishment and maintenance of

i) controls and other procedures designed to provide reasonable assurance that information required to be disclosed by the issuer in its annual filings, interim filings or other reports filed or submitted under securities legislation is recorded, processed, summarized and reported within the time periods specified in securities legislation; and

ii) a process to provide reasonable assurance regarding the reliability of financial reporting and the preparation of financial statements for external purposes in accordance with the issuer's GAAP.

The issuer's certifying officers are responsible for ensuring that processes are in place to provide them with sufficient knowledge to support the representations they are making in this certificate. Investors should be aware that inherent limitations on the ability of certifying officers of a venture issuer to design and implement on a cost effective basis DC&P and ICFR as defined in NI 52-109 may result in additional risks to the quality, reliability, transparency and timeliness of interim and annual filings and other reports provided under securities legislation.