

Spruce Ridge Resources Ltd.

1080 Conc. 14 RR 4 Simcoe, Ontario N3Y 4K3
Telephone: (519) 428-5327, Fax: (519) 428-5349
www.spruceridgeresources.com

PRESS RELEASE 2009 - 1

January 19, 2009

SPRUCE RIDGE RESOURCES UNCOVERS COPPER-NICKEL-PGE MINERALIZATION UP TO 2.35% COPPER AND 1.42% NICKEL AND 3.62 g/T GOLD IN SURFACE SAMPLES

FOR IMMEDIATE RELEASE: Norfolk County, Ontario, Canada, January 19, 2009 - John A. Ryan, President of Spruce Ridge Resources (**TSX-V:SHL**) is pleased to announce the results of sampling of a new occurrence of copper-nickel-PGE mineralization on its Knucklethumb property, 55 kilometres north of Jellicoe, Ontario. Assays in one channel sample averaged **0.92% copper, 0.48% nickel, 116 ppb platinum, 130 ppb palladium and 70 ppb gold over 4 metres**. Individual samples have assayed up to **2.35% copper and 1.42% nickel** with values of up to 318 ppb platinum and 164 ppb palladium. One grab sample assayed **3.62 grams of gold per tonne**.

The mineralized zone was stripped over an area of 50 metres by 30 metres in the fall of 2008. It consists of a gabbro with disseminated to locally semi-massive sulphides. The following table presents the results of three channel samples and eight grab samples across parts of the mineralized area.

SAMPLING RESULTS, KNUCKLETHUMB COPPER-NICKEL PGE ZONE						
Sample	length (m)	Cu (%)	Ni (%)	Pt (ppb)	Pd (ppb)	Au (ppb)
Channel 161	7.50	0.60	0.35	89	91	63
(includes)	4.00	0.92	0.48	116	130	70
Channel 164	1.50	0.37	0.26	54	42	45
Channel 168	0.50	0.44	1.42	63	28	19
Grabs (maximums)		2.35	0.53	318	126	3619
Grabs (average of 8)		0.76	0.25	110	66	576

Plans for this new discovery include an electromagnetic survey to search for possible massive sulphide concentrations in the area, followed by additional stripping, sampling and diamond drilling.

Technical information in this news release was written and/or reviewed by Colin Bowdidge, Ph.D., P.Geo., a director of the company and a Qualified Person as defined in NI43-101. Analytical results quoted were performed by Accurassay Laboratories in Thunder Bay, Ontario (ISO 17025 Certified) using fire assay and ICP methods.

About Spruce Ridge Resources Ltd.

Spruce Ridge Resources Ltd. is engaged in exploring its Nora Lake and Knucklethumb gold properties in the Beardmore-Geraldton greenstone belt of northwest Ontario. It has also made a substantial investment in RX Exploration Inc., which is exploring the former producing Drumlummon gold mine in Montana. The Company just recently optioned its Newfoundland uranium properties to Delta Uranium Inc.

For further information about Spruce Ridge, please contact:

John Ryan, President & CEO
Spruce Ridge Resources Ltd.
Phone: 519-428-5327
Email: spruceridge@sympatico.ca

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this news release.