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Spruce Ridge Resources Begins Drilling the Kramer Gold Zone in Newfoundland

Norfolk County, Ontario – January 19, 2009 – Spruce Ridge Resources Limited (TSX.V:SHL) is pleased to announce that a three to five hundred metre diamond drilling program will test the Company's 100% owned Kramer gold zone, located in western Newfoundland. The Kramer zone is a significant, newly discovered zone of intrusion hosted precious metal mineralization from which grab samples (see table below) have returned assays grading up to **49.78 grams per tonne gold** and up to **111.2 grams per tonne silver**. The mineralization consists of base and precious metal rich quartz veins hosted within altered granitic intrusive rocks similar to the nearby Thor gold zone discovery by Northern Abitibi Mining Corp.

2009 Sampling Highlights – Kramer Zone

Sample #	Type	Rock	Au (ppb)	Ag (ppm)	Pb (%)	Zn (%)	Cu (%)
432501	grab	Quartz vein	4,995	18.80	0.61	tr	0.49
432506	grab	Quartz vein	49,780	41.00	1.57	0.26	0.18
432507	grab	Quartz vein	34,305	111.20	1.23	0.26	0.51
438651	grab	Quartzite	33,175	3.40	0.01	tr	tr
438669	grab	Quartz vein	3,398	16.10	0.94	0.06	0.05
438686	grab	Quartzite	1,449	1.60	tr	tr	tr
438694	grab	Quartz vein	2,073	7.67	0.02	tr	tr

The new discovery, referred to as the Kramer Zone, was made by workers constructing an access road in 2009 to the adjoining Northern Abitibi high grade Viking property where drill results on the Thor trend released August 17th, 2009, reported 7.9 grams per tonne gold over 27 metres (Northern Abitibi website).

The road construction uncovered a zone at least 30 metres in width within altered granite containing at least three quartz-sulphide rich veins measuring up to 30 cms in width and locally carrying fine visible gold. Subsequent trenching and rock sampling verified the existence of a broad zone of alteration and stock work quartz/sulphide veins, stringers and fracture fillings. The highest gold values appear directly associated with increased galena (lead sulphide) and chalcopyrite (copper sulphide) mineralization within the quartz veins. Encouraging gold values up to 971 ppb were also returned from altered wall rock adjacent to a third vein which ran 247 ppb gold suggesting tonnage potential outside of the mineralized veins. Also of significance is the presence of strong gold values in grab samples of mineralized quartzite collected near the granite contact including assays as high as 33,175 ppb gold. Regionally, quartzite hosted mineralization occurs at the Jackson's arm property owned by Kermod Resources Limited, and where historical drill intercepts of 1.36 grams per tonne gold over 92 metres have been reported (Kermod Resources website).

The focus of the proposed drill program at Kramer is to test for the density of potentially mineralized quartz/sulphide veins and veinlets as well as for the presence of larger high grade base and precious metal rich veins as at the adjoining Thor Vein Zone of Northern Abitibi. The drilling is also testing for the zone of quartzite hosted gold mineralization exposed adjacent to the altered granite. The Kramer Zone discovery lies about 800 metres northeast of and roughly parallel to the main Thor trend and shares many similar characteristics suggesting a series of parallel mineralized structures may exist in the region.

The Company would like to acknowledge the Government of Newfoundland and Labrador for providing funding assistance under the JEA program which will subsidize approximately 50% of the proposed program.

Technical information in this news release has been compiled and reviewed by Timothy Froude, P. Geo., a Qualified Person as defined in NI-43-101. Analyses reported in this news release were performed at Accurassay Laboratories Limited, in Thunder Bay, Ontario using fire assays on 30-gram splits for gold and ICP for other elements.

About Spruce Ridge Resources Ltd.

Spruce Ridge Resources is engaged in exploring its Nora Lake and Knucklethumb Lake gold properties in the Beardmore-Geraldton greenstone belt of northwestern Ontario and the Kramer gold property in Western Newfoundland. It has also made a substantial investment in RX Exploration inc., which is exploring the former past producing Drumlummon gold mine in Montana. The company has optioned its Newfoundland uranium properties to Delta Uranium Inc.

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