

Spruce Ridge Resources Ltd.

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

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Spruce Ridge Uncovers Gold-Bearing Porphyry Zone at Spruce Hull Lake

NORFOLK COUNTY, Ontario John A. Ryan, president of Spruce Ridge Resources Ltd. (TSX-V: SHL) announces that a program of stripping and sampling on the Spruce Hull Lake property in Oboshkegan Township, 65 km northeast of Beardmore, Ontario, has located a quartz-porphyry dyke carrying gold mineralization over a 5 metre width. Channel samples have given assays up to **39.01 grams of gold per tonne (g/T Au) over 0.90 metres**.

The newly discovered quartz-porphyry dyke has been exposed over a length of 43 metres. It has been affected by iron-carbonate alteration and carries disseminated pyrite throughout. It is cut by numerous narrow quartz stringers which contain specks of free gold. The gold-bearing stringers become noticeably more abundant towards the east end of the stripped area, and this part of the dyke was channel sampled using diamond saw cuts 5 cm wide and between 6 and 8 cm deep. The following are averages from six channels along a 14 metre length of the dyke (Note: not all channel samples were taken across the full width of the zone because of the very irregular bedrock surface, an asterisk denotes channels that did not cross the whole zone):

Length (m)	Au (g/T)
1.20	6.97*
0.90	1.08
0.30	7.94*
0.60	14.95
0.90	39.01
0.90	4.98

Eleven metres along strike to the east of the main stripping, another small stripped area exposes what appears to be the same quartz-porphyry dyke, again with quartz stringers carrying free gold. The full width of the dyke is not exposed here, but it is at least 11 metres wide. It was not possible to channel-sample this eastern extension before the winter freeze-up forced closure of the program. Five grab samples of mineralized porphyry from the eastern extension (not including visible gold) gave assays between 0.04 and 4.03 g/T Au.

The porphyry dyke lies within a 55 metre long and 60 metre wide stripped area that exposes altered and mineralized volcanics throughout. Preliminary sampling over other parts of the stripped area indicates that it carries mostly low gold values (less than 1 g/T) with occasional enrichment in and around narrow quartz stringers with visible gold. One grab sample from a 5 cm quartz vein gave an assay of 91.58 g/T Au. In the eastern part of the strip, to the north of the porphyry dyke, an intensely folded graphite schist unit and the adjacent volcanics contain pyrite bands and lenses over a 10 x 15 metre area. Twenty-three grab samples from this area gave assays between 0.12 and 12.68 g/T Au, with an average of 4.32 g/T Au.

The 2005 stripping was carried out to the south and west (i.e. across the strike of the formations) from the Black Dog zone which was stripped in 2004 (see January 25th 2005 news release). The Black Dog zone also exposed widespread alteration, mineralization and generally low gold values with one quartz vein carrying coarse free gold. Together, the two stripped areas define an altered and mineralized area that is at least 200 metres long and at least 115 metres wide. The outer limits of this system have yet to be defined.

Line cutting and geophysical survey are currently under way. In addition to further stripping and infill channel sampling, the company plans a program of diamond drilling to test the full width of the mineralized zone.

Technical information in this news release has been prepared and/or reviewed by Colin Bowdidge, Ph.D., P.Geo., a director of the company and a Qualified Person as defined in NI 43-101. Assays quoted were performed by Accurassay Laboratories Ltd. in Thunder Bay or Swastika Laboratories Ltd. In Swastika, Ontario using fire assay methods on 30 gram splits.

This news released has been neither approved nor disapproved by the TSX Venture Exchange.

For more information, please contact:

John Ryan, CGA
President
Spruce Ridge Resources Ltd.
Tel: 519-428-5327
Fax: 519-428-5349
Email: spruceridge@sympatico.ca