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Spruce Ridge Resources Completes Phase 1 Reconnaissance Drilling at the Kramer Gold Property, Turner's Ridge, Newfoundland

NORFOLK COUNTY, Ontario - Spruce Ridge Resources Ltd. ("Spruce Ridge") (SHL :TSXV) is pleased to provide assay results from the recently completed Phase 1 reconnaissance diamond drilling program at the Kramer gold property in western Newfoundland.

The drill program intersected variably altered and mineralized granite and quartzite carrying widespread gold and local copper mineralization. Five of the six holes returned anomalous gold values highlighted by 7.20 metres (from 35.70 metres) of quartzite hosted mineralization averaging 0.39 g/t Au from KR-10-5. Narrower higher grade intercepts include 3.69 g/t Au over 0.20 metres from KR-10-01. The presence of copper mineralization was identified by limited ICP analysis (completed only on KR-10-01) which returned (from surface) 12.3 metres grading 0.052% copper, and a second zone of 7.20 metres grading 0.10% copper.

Summary of significant drill intercepts

KR-10-1					
Dip -45°		From (m)	To (m)	Length (m)	g/t Au
		6.20	7.40	1.20	0.644
	<i>incl.</i>	6.20	6.40	0.20	3.690
KR-10-2					
Dip -45°		From (m)	To (m)	Length (m)	g/t Au
		39.50	43.50	4.00	0.530
	<i>incl.</i>	42.50	43.50	1.00	1.530
KR-10-3					
Dip -45°		From (m)	To (m)	Length (m)	g/t Au
		16.60	23.20	6.60	0.167
	<i>incl.</i>	16.60	17.37	0.77	0.450
	<i>incl.</i>	20.95	22.15	1.20	0.301
KR-10-4					
Dip -60°		From (m)	To (m)	Length (m)	g/t Au
		8.65	11.40	2.75	0.186
	<i>incl.</i>	8.65	9.35	0.70	0.310
KR-10-5					
Dip -45°		From (m)	To (m)	Length (m)	g/t Au
		15.00	16.00	1.00	0.532
		35.70	42.90	7.20	0.390
	<i>incl.</i>	35.70	36.25	0.55	0.854
	<i>incl.</i>	41.00	41.80	0.80	0.897
	<i>incl.</i>	41.00	42.90	1.90	0.890
	<i>incl.</i>	42.35	42.90	0.55	1.240

The six hole, 600 metre program was designed to test the continuity of surface mineralization identified by road construction in early 2009 which uncovered a zone at least 30 metres wide in altered Precambrian granite containing a quartz-sulphide stockwork and locally carrying fine visible gold. Subsequent trenching and rock sampling verified the existence of a broad zone of alteration and stockwork quartz/sulphide veins, stringers and fracture fillings that returned grab sample assays ranging up to 49.78 grams per tonne gold (g/t Au) with 41 grams per tonne silver. Surface sampling also identified significant gold mineralization in mineralized quartzite collected near the granite contact. A grab sample assay from pyrite rich quartzite returned 33.17 g/t Au.

Spruce Ridge's Kramer zone is hosted within Precambrian granites and overlying sedimentary rocks (quartzite and limestone), a setting directly comparable to other known gold deposits in the rapidly emerging White Bay district of Western Newfoundland. The Spruce Ridge property is contiguous with Northern Abitibi Mining Corp's Viking Property where active exploration continues to identify significant Precambrian granite hosted gold mineralization at the Thor Zone including drill intercepts of 27 metres grading 7.9 g/t Au (Northern Abitibi website). The Thor zone lies less than 1 kilometer southwest of Spruce Ridge's Kramer zone.

Future exploration will focus on the historical gold in soil geochemical anomalies surrounding the Kramer showing that extends over several square kilometers. Work will include prospecting, guided in part by an airborne magnetic survey which identified a series of fault structures that may control mineralization, mapping where outcrop permits, and further geochemical analysis of soils and rocks. Drilling will follow as targets are identified.

The company wishes to thank the Department of Natural Resources for their support of this program through the Junior Exploration Assistance 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 in Thunder bay, Ontario using fire assays on 30-gram splits for gold and ICP for other elements.

About Spruce Ridge Resources

Spruce Ridge Resources is engaged in exploring its Turner's Ridge gold property in Western Newfoundland and the Nora Lake and Knucklethumb gold properties in the Beardmore-Geraldton greenstone belt of northwestern Ontario. It has also made a substantial investment in RX Exploration Inc., which is exploring the former past producing Drumlummon gold mine in Montana. Spruce Ridge owns 7,500,000 shares of RX Exploration (RXE) and 7,500,000 warrants with an exercise price of \$0.60 per share with an expiry date of June 30, 2011. 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.