

Spruce Ridge Resources Ltd.

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PRESS RELEASE 2009 - 4

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Spruce Ridge Begins Second Round of Drilling at Nora Lake

NORFOLK COUNTY, Ontario - Spruce Ridge Resources Ltd. (SHL:TSX-V) today announced that it has begun a second round of drilling on the Company's Nora Lake gold property which is located in the Beardmore-Geraldton area. The property is underlain by volcanic rocks of the Beardmore-Geraldton greenstone belt, which produced 4.2 million ounces of gold from 17 separate mines between 1935 and 1971.

The Nora Lake mineralized zone consists of mafic volcanics cut by an irregular body of quartz porphyry; both rock types are intensely sheared, carbonatized and silicified and cut by irregular quartz tourmaline veins, and carry disseminated to heavy pyrite and arsenopyrite. The main stripped area exposes mineralization over a length of 130 metres and a width of at least 44 metres. Additional stripping on strike to the east and west gives the zone a minimum length of 240 metres.

2007 drilling highlights:

- 8.07 g/t Au over 1.30 m;
- 2.53 g/t Au over 4.7 m, including 5.90 g/t Au over 1.5 m;
- 2.89 g/t Au over 2.0 m;
- 2.32 g/t Au over 2.0 m

Technical information in this news release has been compiled and reviewed by Colin Bowdidge, Ph.D., P.Geo., a director of the Company and a Qualified Person as defined in NI 43-101.

Pursuant to the Company's stock option plan, the Company has granted 800,000 incentive stock options to directors of the Company, each option exercisable at \$0.20 per share until June 15, 2014.

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 and a new gold property in Western Newfoundland. It has also made a substantial investment in RX Exploration Inc., which is exploring the former producing Drumlummon gold mine in Montana. The Company optioned its Newfoundland uranium properties to Delta Uranium Inc.

For further information please contact:

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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.