

Spruce Ridge Resources Ltd.

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Spruce Ridge Begins Exploration at Nora Lake and Continues to Uncover Additional Gold Zones

NORFOLK COUNTY, Ontario: John A. Ryan, president of Spruce Ridge Resources Ltd., (TSXV:SHL) is pleased to announce that a second season of exploration has begun on the Nora Lake gold property located 20 km east of Beardmore, Ontario.

Channel sampling of a newly stripped mineralized zone 140 metres west of the main trench that was opened in 2005 gave an average assay of 1.43 grams per tonne gold across 7 metres including 2.34 g/T over 2.46 metres and 1.97 g/T over 1.85 metres.

The 2005 stripped area has also been extended in a northwesterly direction, exposing sheared and mineralized quartz-feldspar porphyry and mafic volcanics, cut by quartz stringers with fine free gold. Twenty grab samples from this area gave assays results from 0.02 to 14.92 grams per tonne gold.

Prospecting and mapping has located outcrops of feldspar porphyry 400 metres west-northwest of the main zone.

In addition to further stripping and channel sampling, the company plans a preliminary 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.

About Spruce Ridge Resources Ltd.

The Company is a mineral exploration company focused on the acquisition, exploration, and development of mineral resources, primarily gold and base metals. The Company's major focus has been its Spruce Hull Lake gold property and Nora Lake property in northern Ontario, Canada. The Company is also conducting exploration activities in Newfoundland.

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