

Spruce Ridge Resources Ltd.

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Spruce Ridge Reports on Exploration Activities in Newfoundland

NORFOLK COUNTY, Ontario - Spruce Ridge Resources Ltd. (SHL:TSX-V) is pleased to report on the exploration activities on the Deer Lake basin property and the Turner's Ridge property in western Newfoundland.

Deer Lake Basin

The Company drilled 890 metres in 15 holes on the North Brook property. Multiple layers of grey, flat-lying sediment were encountered in each hole but only low levels of uranium were detected. The Deer Lake property comprises 2,468 claims covering 61,700 hectares.

Elsewhere, newly discovered uranium occurrences are being drilled at Incinerator Road and the Dan Zone.

Determination Zone

Drilling on the Determination Zone on the Turner's Ridge property has been rescheduled for October so that a larger drill rig can be employed to penetrate heavy overburden. The Turner's Ridge property includes 954 claims covering 23,850 hectares.

The company recently completed a radiometric and magnetic airborne survey of the Deer Lake Basin and the Turner's Ridge properties. The survey was flown over 9,167 line kilometres at 100 metre spacings. Interpretation of the airborne results and ground prospecting of the numerous radiometric anomalies will determine subsequent drilling targets.

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 NI43-101.

About Spruce Ridge Resources Ltd.

Spruce Ridge Resources Ltd. is a mineral exploration company focused on the acquisition, exploration, and development of mineral resources, primarily uranium. The Company has two prospective uranium properties in Western Newfoundland, Canada: (i) the Deer Lake uranium property in the Deer Lake Basin and (ii) the Turner's Ridge uranium, lead and gold property approximately 30 kilometres to the north. The Company also has two prospective gold properties in Northern Ontario at Spruce Hull Lake and Nora Lake.

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