



**PRESS RELEASE
FOR IMMEDIATE RELEASE**

Board Appointment

Vancouver, British Columbia, Canada, July 20, 2009.

Sable Resources Ltd. (TSX.V: SAE) is pleased to announce the election of Ed Beswick to the Board of Directors at the Company's Annual General Meeting last week, replacing Neil MacDonald. Mr. Beswick is a registered professional mining engineer and was the former north central British Columbia Regional Mines Manager operating out of Prince George for eight years. Prior to this he was the Kamloops District Inspector of Mines and Resident Engineer and Regional Reclamation Inspector - Inspector of Mines. More recently, Ed was Project Manager for British Columbia's first transportation Public, Private, Partnership; the Sierra Yoyo Desan Road located east of Fort Nelson, and has ongoing involvement with other B.C. based mining companies.

Mr. Beswick is also active in industry as former Vice President representing District 6 for the Canadian institute of mining, Metallurgy and Petroleum as well as serving as Vice Chair of the Environment Committee for the Mining Association of British Columbia.

About Sable Resources Limited: <http://www.sableresources.com>

Sable Resources is focused on the development and exploration of its gold and silver properties in the Toodoggone region of northern British Columbia. Sable owns a modern, fully-permitted 200-ton per day mill and supporting infrastructure.

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