



**PRESS RELEASE
FOR IMMEDIATE RELEASE**

Sable Resources – Retains Macam Investor Relations – Sets Options

Vancouver, British Columbia, September 29th, 2010 – Sable Resources Ltd. (SAE:TSX-V) ("Sable" or the "Company"), is pleased to announce that it has retained the services of Macam Investor Relations ("Macam IR") www.macamgroup.com to provide investor relations services.

Macam IR will initiate and maintain contact with the financial community, shareholders, investors and other stakeholders for the purpose of increasing awareness of the Company and its activities. The term of the agreement between Sable and Macam IR is for a 6-month period renewable by mutual agreement. Macam IR will receive a monthly fee of \$3,000 and will be granted 175,000 stock options @ \$0.15 and 225,000 @ \$0.25, subject to regulatory approval. The stock options will vest equally and quarterly over the first 12 months after issuance. The stock options expire at the earlier of 30 days after termination of the agreement, or 2 years from the date of issuance.

"Our goal is to introduce Sable as an investment opportunity. We are pleased to report growing revenue from our Toodoggone gold and silver operation located in North-Central British Columbia. Macam IR will actively engage the investment community, in order to ensure that our Company and its inherent value is best communicated and fully appreciated by our shareholders", said Mr. Mel Rahal, President & CEO of Sable.

"We are excited about Sable and the opportunity to introduce our network to a management team with a proven track record of producing gold and silver from proven assets" said Cameron MacDonald, President & CEO of Macam IR.

The Company has also granted an additional 1,000,000 incentive stock options to certain directors, officers, consultants and employees at a price of \$0.15 for a period of five years.

About Sable Resources Ltd

Since 1989, Sable has focused on the Toodoggone Gold/Silver Project - mining and producing gold and silver from the Shasta and Baker properties. Operations have been from surface workings and underground developments on both properties. The mine and mill are fully-permitted by the Province of British Columbia.

Mineral processing takes place at the 200 ton-per-day Baker Mill. The Baker Mill was commissioned for DuPont of Canada in 1980 by Kilborn Engineering (Vancouver). The mill allows the production of either a flotation concentrate to be exported for additional refining, or on-site production of gold and silver dore bars.

Further Information:

Cameron MacDonald, President & CEO
Macam Investor Relations
Phone: (403) 452-6600

Fax: (403) 984-4150

E-mail: cmacdonald@macamgroup.com

Website: www.macamgroup.com

Neither the TSX Venture Exchange nor its Regulator Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or the accuracy of this release.

This news release contains forward-looking statements that involve risks and uncertainties. Forward-looking statements or information are based on current expectations, estimates and projections that involve a number of risks and uncertainties which could cause actual results to differ materially from those anticipated by Sable. The forward-looking statements or information contained in this news release are made as of the date hereof and Sable does not undertake any obligation to update publicly or revise any forward-looking statements or information, whether as a result of new information, future events or otherwise, unless so required by applicable securities laws.