



**PRESS RELEASE
FOR IMMEDIATE RELEASE**

Mining And Milling Operations Update At Shasta

Vancouver, British Columbia, Canada, October 21, 2009.

Sable Resources Ltd. (TSX.V: SAE) is pleased to provide shareholders with an update on operations at the Company's 100% owned Shasta mine. As referenced in the Management's Discussion and Analysis dated August 31, 2009, Sable anticipated resuming milling operations in September 2009. We are pleased to report that this schedule has been met resulting in the first pour of gold and silver of the year. A significant amount of capital has been invested over the past few years both in development of mining operations, procuring and refurbishing equipment, the camp and other surface activities. We anticipate seeing the returns on these investments as production reaches capacity.

Regulatory Compliance:

The Company has worked diligently in meeting the requirements set out for us by the regulatory agencies in regular inspections over the past few years. As previously indicated, it had resulted in interim stoppages until certain deficiencies had been met. The Company is optimistic that we can meet all future regulatory requirements in a proactive and expeditious manner by working with regulators to minimize or negate any potential work stoppages. We look forward to working closely with the agencies to build a sustainable long term mining operation that provides employment for upwards of 40 workers.

Development and Mining:

The Company resumed underground operations in the late summer of 2007 and has completed the initial underground development plan which was outlined at the time, resulting in the development and exploration of the Creek zone on three levels, and extraction of an 8,000 ton bulk sample. Development on the 1213 level, which is the deepest level ever explored on the property, has encountered strong mineralization. This has prompted the start of a new exploration drift on the 1213 level to the north, which will follow the creek zone mineralized trend to diamond drill hole 06-21 which intersected 29.9 metres of 0.236 oz/t gold and 11.75 oz/t silver as reported in the Company's news release dated August 17, 2006. A drift on the 1233 level is being driven north concurrently with the drift on the 1213 level to intersect mineralization on the higher level in preparation for extraction for high-grade feed to the mill. Currently, mill feed is being sourced from development work. As development proceeds, it is anticipated that mill feed will be dominantly sourced from underground stoping, which is expected to reduce dilution, and result in a higher average grade.

Milling and Surface Operations:

Milling operations have recently resumed and we are progressing towards a targeted full production capacity of 200 tons per day, although we anticipate mill throughput can reach historic capacity of 250 tons per day. Historic recoveries are reported near a 90 per cent average for gold and silver, and we will continue to make every operational adjustment to drive the maximum efficiency from the Baker mill.

Employees:

Sable has built a dedicated and driven workforce who is committed to the long term success of this Company. Highly experienced team leaders have tapped a growing pool of labor to find only those

individuals who thrive in a environment of building and relish overcoming the inevitable challenges witnessed during the startup stages.

The Company wishes to thank its employees and regulatory agencies for working hard to advance this project. It has been a challenge reaching this point and more challenges are to be expected, however the commitment to build value for all constituents is unwavering.

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 Toadoggone region of northern British Columbia. Sable owns a modern, fully-permitted 200-ton per day mill and supporting infrastructure.

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