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FOR IMMEDIATE RELEASE

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ANNUAL GENERAL MEETING AND UPDATE

Vancouver, BC –Sable Resources Ltd. is pleased to announce that it held its Annual General Meeting the past week and Messrs. Rahal, Findler, Craft and Pearce were re-elected as directors for the ensuing year.

Further to the Company's 2005 exploration program, recent diamond drilling completed 11 holes totalling 3,417 feet. Mineralization not associated with the Shasta Fault was found below the fault and to a depth that has not been previously tested. This new zone gives the Company further encouragement that additional ore reserves will be delineated. An IP survey is planned to begin next week to test the continuity of this new zone. The IP survey is considered the best and most effective tool for the next stage of exploration. Bruce Spencer, P.Eng. is the Qualified Person for the purposes of National Instrument 43-101 for the Company's drilling program.

Sable Resources is focused on the exploration and development of its Shasta and Chappelle Properties. The Company has a 200-ton per day mill and supporting infrastructure required for production. It is management's goal to finance future exploration through the production of gold and silver.

For further information please contact:

Mel Rahal
President

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