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FOR IMMEDIATE RELEASE

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TSX-V Symbol: SAE

Sable Intersects 0.19 oz/t Gold and 15.98 oz/t Silver over 18.29 metres

Sable Resources Ltd. (TSXV: SAE) completed 11 diamond drill holes during its first phase of diamond drilling in its 2005 summer program totaling 1,032 metres in the Creek Zone. The Creek Zone is characterized by a well-defined stockwork with silicic and potassic alterations. Silver and gold occur in with quartz and calcite veins with fine-grained pyrite.

During the Company's 2004 drilling program mineralization not associated with the Shasta Fault was found below the fault and to a depth that has not been previously tested. The drilling was designed to test the extent and consistency of this new mineralized zone and the mineralization associated with the fault such that additional ore reserves can be delineated.

Highlights of the drilling, tabulated below, include 0.197 ounces of gold per tonne and 15.98 ounces silver per tonne over 18.29 metres. The zone remains open to expansion at depth, and along strike in both directions.

The holes were all tested for both the hanging wall ore zone associated with Shasta Fault and the stockwork zone, with only hole 05-03 missing the stockwork zone.

Shasta Creek Zone Diamond Drilling Results					
Hole No	From (metres)	To (metres)	Length (metres)	Gold (ounces/tonne)	Silver (ounces/tonne)
#05-01					
HW Zone	35.05	36.56	1.51	0.080	2.97
Stockwork	44.80	49.38	4.58	0.096	3.53

Shasta Creek Zone Diamond Drilling Results					
Hole No	From (metres)	To (metres)	Length (metres)	Gold (ounces/tonne)	Silver (ounces/tonne)
#05-02					
HW Zone	42.21	43.28	1.07	0.064	4.88
Stockwork	60.04	78.33	18.29	0.197	15.98
#05-03					
HW Zone	51.81	53.95	2.14	0.327	11.37
#05-04					
HW Zone	36.73	37.80	1.07	0.056	2.75
Stockwork	50.90	55.47	4.57	0.141	7.40
#05-05					
HW Zone	41.91	43.28	1.37	0.004	0.09
Stockwork	53.95	72.24	18.29	0.031	2.07

The drilling was done with close spacing and demonstrates two continuous mineralized zones. Additional, results will be released over the next couple of weeks.

NQ size drill core is delivered to the core shack by the drill contractor, Britton Brothers. Assaying was conducted on sawn NQ sized half core sections in the Company's laboratory using conventional fire assay procedures. Ten random check assays were sent to International Plasma Labs Ltd. in Vancouver to verify the in house prepared assays. The results between the check assays were consistent with those prepared in house. The drilling program was supervised by Bruce Spencer, Engineer, retired. Ed Craft, P.Eng., director of the Company is serving as the Company's Qualified Person for the purposes of this news release.

For further information please contact:
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The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release.