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FOR IMMEDIATE RELEASE

Sable Intersects 0.23 oz/t Gold and 11.75 oz/t Silver over 98 feet (30 metres)

Vancouver, BC, August 17, 2006, Sable Resources Ltd. (TSX.V: SAE) is pleased to announce that it has completed 21 diamond drill holes focusing on the Creek Zone on the Shasta Property in northern British Columbia. Highlights include 0.236 oz/t of Gold and 11.75 oz/t of Silver over 98 feet.

“Drill Hole 21 has encountered mineralization to a greater depth than any previous drilling done in the area” stated Mr. Mel Rahal, President and CEO at Sable. Diamond drilling continues to demonstrate the large presence of significant gold and silver mineralization along the Shasta Fault. It is open along strike in both directions. The Shasta Fault which controls mineralization in the area has a known strike length of over 5 kilometres on the Shasta Property.

The program commenced on April 15, 2006, and used a diamond drill (NQ core) from Britton Brothers Ltd. The program was designed to in-fill a north-south area in mineralized stockwork breccias on the east (footwall) side of the Shasta Fault. Holes were collared roughly on a north-south line and on a 90 degree azimuth. Generally, two holes were drilled from the same set-up, at dips of -45 and -60 degrees. The Shasta Creek zone has been extensively drilled by the Company over the past several years, and open-pit mining at the north end of the zone was conducted in the summers of 2004 and 2005.

Drilling from 2005 demonstrated a continuous mineralized zone extending over 160 metres. Drilling in 2006 was designed to extend the zone to the north and to further delineate the resources for mining purposes.

Hole #	From	To	Interval (metres)	Gold oz/t	Silver oz/t	Gold Equivalent*
DD06-01	45.2	48.1	2.9	0.091	6.60	0.20
DD06-02	30.5	33	2.5	0.075	2.60	0.12
DD06-03	35.9	37.3	1.4	0.101	4.31	0.17
DD06-04	54.9	56.3	1.4	0.066	0.66	0.08
DD06-05	50.2	54.7	4.5	0.101	5.29	0.19
DD06-05	60.5	65.5	5	0.106	5.17	0.19
DD06-06	39.5	42.5	3	0.083	5.70	0.18
DD06-07	40.8	50.6	9.8	0.147	1.99	0.18
DD06-08	45.7	49.5	3.8	0.161	5.68	0.26
DD06-09	38.8	53.8	15	0.291	11.13	0.48
DD06-10	44.9	65.2	20.3	0.124	3.30	0.18
DD06-11	44.2	48.4	4.2	0.068	2.32	0.11
DD06-12	59.4	63	3.6	0.106	5.21	0.19
DD06-13	55.8	64.6	8.8	0.108	5.98	0.21
DD06-14	68.9	79.1	10.2	0.112	7.61	0.24

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Hole #	From	To	Interval (metres)	Gold oz/t	Silver oz/t	Gold Equivalent*
DD06-16	62.3	76.2	4	0.172	7.39	0.30
DD06-17	14.9	17	2.1	0.245	10.10	0.41
DD06-18	21.3	28.5	7.2	0.099	3.62	0.16
DD06-21	38.5	68.4	29.9	0.236	11.75	0.43
DD06-22	31.4	31.6	0.2	0.185	15.42	0.44

** Gold equivalent is calculated at a ratio of 60 ounces silver ~ 1 ounce gold.
* Holes 19 and 20 were not drilled at the Creek Zone*

Quality Control and Assurance

Exploration of the Company's Shasta property is under the supervision of Ed Craft, P.Eng., a Director of the Company and a "qualified person" as defined by NI 43-101. Mr. Craft is responsible for the preparation of the technical information in this news release.

Mineralized core sections below the footwall of the Shasta fault were sampled at approximately one metre intervals and split in half. Mineralized intervals reported are drill core lengths and may not accurately reflect the actual width of mineralization. Core recovery is on average 95%. One half of the core was archived at the Company's core storage facility, while the other half was crushed, pulverized, and split at the Company's assay lab at the Baker mill, where pulp samples weighing approximately 100 grams were assayed using the fire assay technique. Check samples, including high values, random samples, and blanks, were sent to ALS-Chemex labs in Vancouver, BC for fire assay for gold and silver. Correlation of independent check samples results with the Company's assay results were favorable, within the samples and reflecting historical normal sampling variations.

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

Sable Resources is focused on the development and exploration of its Shasta and Chappelle 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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*The stock Exchange has not reviewed and does not accept responsibility
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