



**PRESS RELEASE
FOR IMMEDIATE RELEASE**

Sable Provides Update on Mining and Milling Operations at Shasta

Vancouver, British Columbia, Canada, May 28, 2008.

Sable Resources Ltd. (TSX.V: SAE) is pleased to provide shareholders with an update on operations at the Company's 100% owned Shasta mine. Development and mining activities have been continuous since the Company resumed operations in the late summer of 2007.

The initial underground development plan outlined in the summer of 2007 is nearing completion. 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. With the initial phase of exploration and development nearing an end, mill feed will also soon be sourced from underground stoping, which is expected to reduce dilution, and result in a higher average grade.

Milling of mineralized material encountered during underground exploration and development has been continuous since the start up reported at the end of February. A cutoff grade of 0.1 oz/t gold equivalent (calculated at 50:1 Silver:Gold) for milling has been applied to material produced during underground exploration, with the realized mill feed grade in excess of 0.18 gold equivalent. Initial problems due to normal startup issues such as commissioning equipment and training people, and cold weather conditions, which affected water supply and freezing of the mill feed, resulted in variable throughput over the past months. Management believes that these initial start up issues have now been corrected resulting in a recent milestone of over 185 tons/day throughput being achieved.

While the recent focus of the Company has been towards improving mining and milling operations, Sable has acquired a diamond drill and is currently re-fitting it for underground use to provide future exploration results. The Company plans to begin an underground drilling program later this year to test mineralization below the 1213 level. In addition, a trenching program is planned for this summer to test the Company's Perry Mason and Black Gossan targets. The results of this proposed trenching will help develop future drill targets.

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 Toodoggone region of northern British Columbia. Sable owns a modern, fully-permitted 250-ton per day mill and supporting infrastructure.

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