

**SWIFT RESOURCES COMPLETES  
DRILL PROGRAM AT IRON RANGE PROPERTY**

**Vancouver – Tuesday, December 22, 2009 – Swift Resources Inc. – SWR: TSX.V (“Swift”) Vancouver, B.C., 22 December, 2009: Swift Resources Inc. (TSX-V:SWR)** is pleased to announce that a 7 hole, 580 meter drill program has been completed on the Iron Range property, located in the Goat River area 15 kilometers northeast of Creston, B.C. Swift has an option to earn a 60% interest in the Iron Range Property from Eagle Plains Resources Ltd (“Eagle Plains”) (see Swift Resources News Release December 1, 2009). Upon Swift exercising its option, a 60/40 Joint Venture between Swift and Eagle Plains will be established.

The December 2009 drill program was designed to follow up on Eagle Plains’ 2008 diamond drill program on the property. Highlights from 2008 drilling included hole IR08006, which returned 7.0 meters grading 51.52 grams per tonne (1.50 ounces per ton) gold from 20.0 meters to 27.0 meters, including 3.0 meters grading 118.45 grams per tonne (3.46 ounces per ton) gold from 20.0 meters to 23.0 meters.

Drilling was done by F.B. Drilling of Cranbrook, B.C. Core was NQ2 in size and, overall, core recovery was excellent. The program was carried out under the supervision of C.C. Downie, P.Geo. Core logging and sampling is ongoing and results will be released when available.

The Iron Range property consists of 22,000 hectares owned 100% by Eagle Plains and has no underlying royalties or encumbrances. The property covers a 25 kilometer strike length of the Iron Mountain structure, which has significant known iron-oxide mineralization over a 15 kilometer length, as well as localized associated copper and gold mineralization. The structure is considered prospective for an Iron Oxide Copper Gold (“IOCG”) mineralized system. Eagle Plains acquired the property in 2000, and since acquisition, has completed exploration work on the property including geological mapping, geochemical and geophysical surveys, trenching and diamond drilling.

Linda Caron, M.Sc., P,Eng. is the Qualified Person under National Instrument 43-101 who has reviewed and approved the technical content of this news release for Swift Resources.

**SWIFT RESOURCES INC.**

*s/“Mike Elson”*

President & Chief Executive Officer

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