

**SWIFT RESOURCES ANNOUNCES  
IRON RANGE DRILL PROGRAM RESULTS**

**Vancouver – Friday, March 5, 2010 – Swift Resources Inc. – SWR: TSX.V (“Swift”) (the “Company”)**, has received the final results from the 7-hole, 580 meter diamond drill program completed on the Iron Range property in southeastern B.C. during December 2009. The drill program was designed to follow up on drilling by Eagle Plains in 2008, including hole IR08-006 at the O-Ray zone, which returned 7.0 meters grading 51.52 grams per tonne gold (1.50 ounces per ton gold), including 3.0 meters grading 118.45 grams per tonne gold (3.46 ounces per ton gold). Swift Resources has an option to earn a 60% interest in the Iron Range property from Eagle Plains Resources.

The 2009 exploration program has confirmed a southern extension of the O-Ray gold zone and substantially increased the known vertical extent above and below the IR08-006 high grade intercept. Elevated gold values were returned from holes IR09-022 and 09-023, as presented below. These results illustrate the erratic distribution of the gold mineralization within this zone. There were no significant values returned from holes IR09-21 or holes IR09-24 to –26.

<i>Hole Number</i>	<i>From (m)</i>	<i>To (m)</i>	<i>Width (m)</i>	<i>Assay<sup>1</sup> (Au g/t)</i>	<i>Duplicate Assay<sup>2</sup> (Au g/t)</i>	<i>Recovery</i>
IR09-022	<b>9.83</b>	<b>10.83</b>	<b>1.00</b>	<b>7.53</b>	<b>22.50</b>	<b>81%</b>
	32.45	33.55	1.10	2.05	< 0.03	90%
IR09-023	18.40	19.40	1.00	0.97	0.47	69%
	35.22	36.22	1.00	0.39	< 0.03	92%

<sup>1</sup> Original sampling consisted of splitting and sampling ½ of the core; analysis consisted of 250g coarse metallic screen assay.

<sup>2</sup> Duplicate sampling consisted of splitting and sampling ¼ of the core; analysis consisted of 250g coarse metallic screen assay.

The drill program was carried out under the supervision of C.C. Downie, P.Geo.. F.B. Drilling of Cranbrook B.C. provided drilling services, with analytical services provided by EcoTech Laboratories Ltd., Stewart Group, of Kamloops, B.C. All of the drill core was sampled and analyzed using the ICP-AES 28 element analytical method (BICP-11). Sample analysis for gold consisted of 250 gram coarse metallic screen assay (FA-AA finish). Certified standards and blanks were inserted for QA/QC. Significant elevated gold value intercepts were re-sampled from a quarter duplicate obtained from the remaining one-half split from the original sampling.

Linda Caron, M.Sc., P.Eng. is the Qualified Person as defined by NI 43-101, who has reviewed the technical content of this release on behalf of Swift Resources Inc.

**SWIFT RESOURCES INC.**

s/“Mike Elson”

President & Chief Executive Officer

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