



August 10, 2009

NEWS RELEASE

GOLD CANYON REVIEWS SPRINGPOLE GOLD PROJECT

Gold Canyon Resources Inc. (GCU: TSX-V) (“Gold Canyon” or “the Company”) is pleased to announce the commencement of a comprehensive review of its Springpole Lake Gold Project, located in the Red Lake Mining District of Ontario, Canada.

Jeff Chambers, formerly with Newmont Mining Corporation, is presently on site at Springpole camp leading an effort to re-evaluate the geology of this unusual gold system, as well as a technical review of past drilling and assaying. This program will last approximately six weeks, with the aim of enhancing the understanding of the geology of the deposit, in order to build a stronger resource model. Additional drill targets are also expected to be generated from this review.

The geology of the Springpole project is atypical of Canadian Shield deposits, but rather it displays many characteristics of an alkaline gold system. This makes it similar to other alkaline gold deposits, such as the Cripple Creek district in Colorado, rather than the classic deposits in the region such as at Red Lake, Ontario.

The Company believes Springpole is an undervalued asset that deserves more attention, especially in light of the rising gold market conditions. The property lies within a few kilometres of timber roads originating from Red Lake. The main electric grid lies approximately 25 kilometres south of the property at South Bay.

In compliance with National Instrument 43-101, Quinton Hennigh, Ph.D., P.Geo., is the Qualified Person responsible for the accuracy of this news release. Dr. Hennigh is acting as a technical advisor to Gold Canyon.

About Gold Canyon Resources Inc.:

Gold Canyon is engaged in the acquisition and exploration of mineral and precious metals properties. The Company controls a 100% interest in the Springpole Gold - Horseshoe Island Gold, Platinum, Palladium Project and Favourable Lake Poly-metallic property currently under option to Shoreham Resources Inc. pursuant to an option and joint venture agreement entered into in December 2005 - all in the Red Lake Mining District of Ontario, Canada.

Through its wholly owned U.S. subsidiary, Gold Canyon Resources USA Inc., the Company controls a 100% interest in the Cordero Gallium Project situated in Humboldt County, Nevada, U.S.A.

Gold Canyon entered into a Joint Exploration Agreement with the Japan Oil, Gas and Metals National Corporation (JOGMEC) in January 2009.

Additional information can be found on the Company's website: www.goldcanyon.ca

On Behalf of the Board of Directors of Gold Canyon Resources,

**Akiko Levinson,
President & Director**

For further information, please contact:

Tel: (604) 682-3234 Toll free: 1 (888) 242-3234 Fax: (604) 682-0537

info@goldcanyon.ca

Certain statements contained in this news release using the terms “may”, “expects to”, “project”, “estimate”, “plans”, and other terms denoting future possibilities, are forward-looking statements in respect to various issues including upcoming events based upon current expectations which involve risks and uncertainties that could cause actual outcomes and results to differ materially. The future conduct of the Company’s business and the feasibility of its mineral exploration properties are dependent upon a number of factors and there can be no assurance that the Company will be able to conduct its operations as contemplated and the accuracy of these statements cannot be guaranteed as they are subject to a variety of risks that are beyond our ability to predict or control and which may cause actual results to differ materially from the projections or estimates contained herein. The risks include, but are not limited to, the risks described in the above press release; those risks set out in the company’s disclosure documents and its annual, quarterly and current reports; the fact that exploration activities seldom result in the discovery of a commercially viable mineral resource and are also significant amounts of capital to undertake and the other risks associated with start-up mineral exploration operations with insufficient liquidity, and no historical profitability. The Company disclaims any obligation to revise any forward looking statements as a result of information received after the fact or regarding future events.

Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this news release.