



November 5, 2009

NEWS RELEASE

GOLD CANYON REPORTS ON REVIEW OF SPRINGPOLE GOLD PROJECT

Gold Canyon Resources Inc. (GCU: TSX-V) (“Gold Canyon” or “the Company”) is pleased to provide an update of its comprehensive review of its 100% owned Springpole Gold Project located in the Red Lake Mining District of Ontario, Canada. An eight week field program in which numerous drill cores were re-logged, and in many cases re-sampled, was completed on September 30. This work was completed under the lead of Jefferson Chambers, formerly with Newmont Mining Corporation, and Alan Roberts with Alaska Earth Sciences.

The aim of this program was to re-evaluate the geology of this unusual gold system with a focus on developing a better understanding of ore controls and geometry for the purpose of remodelling the deposit and developing new targets. A summary of reinterpreted historic drill results is attached to this news release. Preliminary results of this review program include:

- Confirmation that gold mineralization is associated with an alkaline igneous complex consisting of shallowly emplaced intrusions and associated diatreme breccias. This makes Springpole unique among deposits of the Canadian Shield which are commonly formed through metamorphic processes at deeper levels in the crust. Springpole has more in common with other alkaline gold deposits such as Cripple Creek, Colorado than it does with nearby neighbours such as deposits at Red Lake, Ontario.
- Gold mineralization appears to conform to the margins of the alkaline complex rather than shear structures cutting across it, as previously believed. Several areas along the margins of the complex are now recognized as favourable for hosting mineralization, but have little or no drilling making them desirable future drill targets.
- The Main, Camp and Portage zones are in all likelihood all part of the same 1,200 m long, 300 m wide NW-trending body of mineralization. This zone starts at surface at its NW end and plunges gently SE under Springpole Lake. Although mineralization under the lake was considered uneconomic in the past, present research is considering whether there might be a bulk underground target where wide-spaced historic drilling suggests the presence of a continuous, sub-vertical zone of mineralization with a true width of over 20 m and open at depth. Historic drill intercepts include **115.86 m at 1.53 grams per tonne (gpt) gold (380 ft at 0.045 ounces per ton (opt))** in hole BL-99, **35.64 m at 7.57 gpt gold (116.9 ft at 0.221 opt)** in BL-121 and **106.89 m at 2.35 gpt gold (350.6 ft at 0.069 opt)** in BL-308.
- Near-surface, bonanza grade mineralization in the East Extension Zone is the most promising candidate for surface mining and needs further evaluation. Drill intercepts including **27.41 m at 14.96 gpt gold (89.9 ft at 0.437 opt)** in hole BL-217, **24.55 m at 18.63 gpt gold (80.5 ft at 0.544 opt)** in hole BL-228 and **16.40 m at 67.46 gpt gold (53.8 ft at 1.970 opt)** in hole BL-319 all lie within a zone of high grade drill intercepts approximately 150 m long and 50 m wide. High grade assays start as shallow as 15 m down hole.

The Company anticipates concluding its Springpole review within four weeks, at which time recommendations will be made for a winter drill program to begin January, 2010. It is anticipated that this drill program will encompass infill drilling within known deposits and testing of new targets, particularly ones that could greatly enhance the overall size potential at Springpole.

In conjunction with the geologic review, the Company has begun studying the feasibility of constructing a road to the property from existing timber roads a few kilometers to the south. It is believed such a road would add value to the property and reduce exploration costs.

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

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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.

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East Extension Zone – Select Intercepts

Drill Hole	From (m)	To (m)	Interval (m)	Gold (gpt)	From (ft)	To (ft)	Interval (ft)	Gold (opt)
BL-12	25.92	38.72	12.80	1.85	85.0	127.0	42.0	0.054
	49.88	52.13	2.25	61.70	163.6	171.0	7.4	1.802
BL-35	3.51	22.13	18.62	1.86	11.5	72.6	61.1	0.054
BL-47	16.16	18.91	2.75	10.95	53.0	62.0	9.0	0.320
BL-48	5.79	23.48	17.68	2.28	19.0	77.0	58.0	0.066
BL-49	65.55	72.87	7.32	4.93	215.0	239.0	24.0	0.144
	162.50	166.06	3.56	12.02	533.0	544.7	11.7	0.351
BL-87	311.43	320.49	9.06	2.89	1021.5	1051.2	29.7	0.084
	397.86	408.84	10.98	2.43	1305.0	1341.0	36.0	0.071
	426.22	434.15	7.93	5.23	1398.0	1424.0	26.0	0.153
BL-115	99.38	110.98	11.59	2.73	326.0	364.0	38.0	0.080
BL-163 incl	7.10	28.05	20.95	4.78	23.3	92.0	68.7	0.140
	16.16	28.05	11.89	7.92	53.0	92.0	39.0	0.231
	88.20	102.44	14.23	2.07	289.3	336.0	46.7	0.061
BL-164	3.05	4.57	1.52	14.09	10.0	15.0	5.0	0.411
BL-165 incl	9.45	39.94	30.49	2.92	31.0	131.0	100.0	0.085
	17.98	33.23	15.24	4.38	59.0	109.0	50.0	0.128
BL-168	72.26	87.50	15.24	1.60	237.0	287.0	50.0	0.047
BL-172 incl	18.14	39.63	21.49	10.44	59.5	130.0	70.5	0.305
	25.92	29.27	3.35	50.50	85.0	96.0	11.0	1.475
BL-199	35.98	42.99	7.01	42.80	118.0	141.0	23.0	1.250
BL-201	42.38	45.73	3.35	24.28	139.0	150.0	11.0	0.709
BL-202	40.24	68.97	28.73	1.73	132.0	226.2	94.2	0.050
BL-204 incl	44.82	53.96	9.14	20.53	147.0	177.0	30.0	0.600
	45.73	47.16	1.43	136.58	150.0	154.7	4.7	3.988
BL-217 incl incl incl	14.66	42.07	27.41	14.96	48.1	138.0	89.9	0.437
	14.66	15.24	0.58	46.18	48.1	50.0	1.9	1.349
	19.55	22.26	2.71	39.08	64.1	73.0	8.9	1.141
	35.06	42.07	7.01	35.37	115.0	138.0	23.0	1.033
BL-220 incl	16.25	54.52	38.26	3.54	53.3	178.8	125.5	0.103
	16.25	17.38	1.12	54.17	53.3	57.0	3.7	1.582
	45.73	47.25	1.52	15.22	150.0	155.0	5.0	0.445
BL-221	2.13	17.34	15.21	2.92	7.0	56.9	49.9	0.085
	41.77	48.60	6.83	3.80	137.0	159.4	22.4	0.111
BL-222 incl	3.66	28.66	25.00	5.85	12.0	94.0	82.0	0.171
	17.38	18.76	1.38	73.03	57.0	61.5	4.5	2.132
BL-225 incl	3.05	26.22	23.16	2.66	10.0	86.0	76.0	0.078
	21.95	26.22	4.26	12.13	72.0	86.0	14.0	0.354
BL-227	87.95	92.98	5.03	5.25	288.5	305.0	16.5	0.153
BL-228 incl	43.29	67.84	24.55	18.63	142.0	222.5	80.5	0.544
	65.25	66.16	0.91	120.99	214.0	217.0	3.0	3.533
BL-231	28.66	61.59	32.93	1.01	94.0	202.0	108.0	0.029
BL-232	45.43	57.63	12.19	10.46	149.0	189.0	40.0	0.306
BL-237 incl	38.14	47.86	9.72	6.02	125.1	157.0	31.9	0.176
	38.14	42.07	3.93	13.75	125.1	138.0	12.9	0.402
BL-239	3.05	19.52	16.46	2.61	10.0	64.0	54.0	0.076
BL-246	25.00	45.12	20.13	2.28	82.0	148.0	66.0	0.067
BL-251	69.21	77.13	7.92	4.05	227.0	253.0	26.0	0.118
BL-254 incl	19.20	37.20	17.99	2.37	63.0	122.0	59.0	0.069
	32.62	37.20	4.58	9.31	107.0	122.0	15.0	0.272
BL-255	6.71	28.36	21.65	1.64	22.0	93.0	71.0	0.048
BL-256 incl	34.76	53.96	19.20	8.18	114.0	177.0	63.0	0.239
	34.76	37.35	2.59	53.23	114.0	122.5	8.5	1.554
BL-291 incl	18.63	23.48	4.85	11.66	61.1	77.0	15.9	0.340
	19.52	20.42	0.91	58.58	64.0	67.0	3.0	1.711
	31.98	45.67	13.69	4.55	104.9	149.8	44.9	0.133
BL-292 incl	20.63	40.67	20.04	10.28	67.7	133.4	65.7	0.300
	37.62	39.24	1.62	49.99	123.4	128.7	5.3	1.460
BL-293	113.42	114.94	1.52	16.36	372.0	377.0	5.0	0.478
BL-295	81.40	84.66	3.26	9.34	267.0	277.7	10.7	0.273
	106.25	109.76	3.51	12.68	348.5	360.0	11.5	0.370
	53.72	103.54	49.81	3.87	176.2	339.6	163.4	0.113
BL-296 incl incl incl	59.40	59.84	0.45	102.00	194.8	196.3	1.5	2.978
	63.91	65.37	1.46	47.85	209.6	214.4	4.8	1.397
	85.97	87.50	1.53	32.16	282.0	287.0	5.0	0.939
	103.05	112.20	9.15	7.43	338.0	368.0	30.0	0.217
BL-315 incl incl	104.91	105.09	0.18	163.99	344.1	344.7	0.6	4.788
	108.84	112.20	3.36	9.27	357.0	368.0	11.0	0.271
BL-319 incl	18.45	34.85	16.40	67.46	60.5	114.3	53.8	1.970
	26.07	32.04	5.97	182.77	85.5	105.1	19.6	5.337
BL-320	29.58	36.28	6.70	4.49	97.0	119.0	22.0	0.131
BL-326	19.20	25.40	6.19	4.68	63.0	83.3	20.3	0.137
BL-327 incl	19.91	40.27	20.37	6.09	65.3	132.1	66.8	0.178
	38.05	40.27	2.22	37.66	124.8	132.1	7.3	1.100
BL-328 incl	8.99	54.02	45.03	3.25	29.5	177.2	147.7	0.095
	41.34	49.69	8.35	8.61	135.6	163.0	27.4	0.251
BL-340 incl	25.46	39.97	14.51	15.54	83.5	131.1	47.6	0.454
	35.34	39.97	4.63	43.64	115.9	131.1	15.2	1.274
BL-343 incl	25.70	56.13	30.43	4.33	84.3	184.1	99.8	0.126
	25.70	29.64	3.94	27.38	84.3	97.2	12.9	0.800
BL-344	18.02	20.55	2.53	18.25	59.1	67.4	8.3	0.533
BL-345	70.79	79.79	9.00	5.00	232.2	261.7	29.5	0.146
BL-352	10.33	15.18	4.85	11.71	33.9	49.8	15.9	0.342

Main Zone – Select Intercepts

Drill Hole	From (m)	To (m)	Interval (m)	Gold (gpt)	From (ft)	To (ft)	Interval (ft)	Gold (opt)
BL-1	43.90	53.96	10.06	4.57	144.0	177.0	33.0	0.134
BL-3	4.27	55.48	51.21	2.14	14.0	182.0	168.0	0.063
incl	45.12	50.00	4.88	14.87	148.0	164.0	16.0	0.434
BL-7	50.61	68.90	18.28	1.57	166.0	226.0	60.0	0.046
BL-8	10.06	10.67	0.61	45.26	33.0	35.0	2.0	1.322
	58.84	85.36	26.52	0.92	193.0	280.0	87.0	0.027
	179.88	185.06	5.18	8.45	590.0	607.0	17.0	0.247
BL-9	25.00	37.20	12.20	4.23	82.0	122.0	40.0	0.123
incl	28.87	34.76	5.89	7.18	94.7	114.0	19.3	0.210
	77.59	81.10	3.51	14.42	254.5	266.0	11.5	0.421
BL-11	214.63	224.09	9.45	6.53	704.0	735.0	31.0	0.191
	295.42	317.38	21.96	1.75	969.0	1041.0	72.0	0.051
BL-23	77.65	87.50	9.85	9.60	254.7	287.0	32.3	0.280
incl	86.89	87.50	0.61	109.37	285.0	287.0	2.0	3.194
	114.63	117.99	3.36	17.70	376.0	387.0	11.0	0.517
	148.78	176.83	28.05	1.67	488.0	580.0	92.0	0.049
BL-25	200.97	233.54	32.57	1.66	659.2	766.0	106.8	0.048
BL-68	150.15	284.36	134.21	1.41	492.5	932.7	440.2	0.041
incl	150.15	181.16	31.01	1.88	492.5	594.2	101.7	0.055
incl	217.98	243.90	25.92	2.30	715.0	800.0	85.0	0.067
BL-77	71.80	74.60	2.80	9.00	235.5	244.7	9.2	0.263
BL-96	39.63	58.71	19.08	2.89	130.0	192.6	62.6	0.084
incl	53.56	58.72	5.15	8.49	175.7	192.6	16.9	0.248
BL-98	39.94	73.48	33.54	1.16	131.0	241.0	110.0	0.034
BL-102	42.38	49.08	6.70	11.60	139.0	161.0	22.0	0.339
BL-157	60.68	62.20	1.52	206.74	199.0	204.0	5.0	6.037
BL-158	23.16	26.22	3.05	8.20	76.0	86.0	10.0	0.239
BL-160	16.46	26.53	10.06	16.19	54.0	87.0	33.0	0.473
BL-161	4.48	25.61	21.13	3.61	14.7	84.0	69.3	0.105
BL-189	48.17	56.09	7.92	5.12	158.0	184.0	26.0	0.150
	134.45	143.88	9.42	2.58	441.0	471.9	30.9	0.075
BL-190	110.06	111.28	1.22	15.70	361.0	365.0	4.0	0.459
BL-209	455.48	456.34	0.85	182.06	1494.0	1496.8	2.8	5.316
BL-264	5.18	45.73	40.55	4.56	17.0	150.0	133.0	0.133
incl	5.18	13.72	8.54	7.04	17.0	45.0	28.0	0.206
incl	34.39	42.56	8.17	8.96	112.8	139.6	26.8	0.262
BL-280	15.85	23.14	7.28	4.59	52.0	75.9	23.9	0.134
BL-282D	29.55	34.15	4.60	4.26	96.9	112.0	15.1	0.124
	95.70	97.41	1.70	17.84	313.9	319.5	5.6	0.521
BL-288	7.47	8.23	0.76	43.23	24.5	27.0	2.5	1.262
BL-290	63.57	64.88	1.31	11.27	208.5	212.8	4.3	0.329
BL-299	100.24	103.05	2.80	21.57	328.8	338.0	9.2	0.630
BL-300	45.73	49.69	3.96	4.01	150.0	163.0	13.0	0.117
BL-302	27.44	31.53	4.09	3.73	90.0	103.4	13.4	0.109
BL-303	7.77	10.36	2.59	16.79	25.5	34.0	8.5	0.490
	44.82	63.94	19.12	5.00	147.0	209.7	62.7	0.146
incl	59.17	63.72	4.54	22.26	194.1	209.0	14.9	0.650
BL-304D	13.01	28.42	15.41	3.33	42.7	93.2	50.5	0.097
	47.86	52.22	4.36	9.15	157.0	171.3	14.3	0.267
	102.14	104.58	2.44	5.52	335.0	343.0	8.0	0.161
incl	104.27	104.58	0.31	52.49	342.0	343.0	1.0	1.533
BL-305	67.56	68.90	1.34	23.87	221.6	226.0	4.4	0.697
BL-306	23.88	63.85	39.97	1.01	78.3	209.4	131.1	0.030
incl	33.84	38.29	4.45	4.76	111.0	125.6	14.6	0.139
BL-307	16.31	49.78	33.47	1.21	53.5	163.3	109.8	0.035
BL-354	27.87	32.53	4.66	3.72	91.4	106.7	15.3	0.109
	85.03	85.79	0.76	30.31	278.9	281.4	2.5	0.885
BL-355	53.05	60.37	7.31	16.31	174.0	198.0	24.0	0.476
	113.32	123.02	9.70	2.18	371.7	403.5	31.8	0.064
BL-356	36.89	40.91	4.02	31.67	121.0	134.2	13.2	0.925
incl	39.94	40.91	0.97	127.13	131.0	134.2	3.2	3.712
	58.74	61.16	2.41	6.64	192.7	200.6	7.9	0.194
BL-383	42.01	47.27	5.26	9.79	137.8	155.1	17.3	0.286

Portage & Camp Zones – Select Intercepts

Drill Hole	From (m)	To (m)	Interval (m)	Gold (gpt)	From (ft)	To (ft)	Interval (ft)	Gold (opt)
91-01	100.43	118.44	18.01	3.72	329.4	388.5	59.1	0.109
91-03	135.61	141.30	5.69	3.43	444.8	463.5	18.7	0.100
91-04	123.78	125.30	1.52	9.99	406.0	411.0	5.0	0.292
	194.66	204.88	10.22	7.11	638.5	672.0	33.5	0.207
91-05	114.63	119.05	4.42	4.50	376.0	390.5	14.5	0.131
	178.05	184.06	6.01	9.98	584.0	603.7	19.7	0.291
91-06	175.45	191.80	16.34	5.58	575.5	629.1	53.6	0.163
BL-26	33.84	46.64	12.80	1.10	111.0	153.0	42.0	0.032
	93.29	154.27	60.98	2.29	306.0	506.0	200.0	0.067
BL-33	258.94	274.69	15.75	1.22	849.3	901.0	51.7	0.036
	323.47	325.61	2.14	129.49	1061.0	1068.0	7.0	3.781
BL-41	110.37	134.63	24.27	2.70	362.0	441.6	79.6	0.079
	164.63	282.92	118.29	1.64	540.0	928.0	388.0	0.048
incl	233.84	263.11	29.27	2.92	767.0	863.0	96.0	0.085
incl	235.67	242.99	7.32	5.15	773.0	797.0	24.0	0.150
BL-42	101.52	127.44	25.92	1.05	333.0	418.0	85.0	0.031
BL-67	196.95	218.30	21.34	2.11	646.0	716.0	70.0	0.061
BL-69	216.77	219.82	3.05	21.07	711.0	721.0	10.0	0.615
BL-79	248.78	253.35	4.57	6.09	816.0	831.0	15.0	0.178
BL-80	448.47	460.67	12.20	2.52	1471.0	1511.0	40.0	0.074
BL-85	344.59	380.80	36.21	1.40	1130.3	1249.0	118.8	0.041
BL-88	4.36	30.79	26.43	0.97	14.3	101.0	86.7	0.028
	297.52	350.91	53.38	1.97	975.9	1151.0	175.1	0.057
BL-90	65.86	76.04	10.18	3.92	216.0	249.4	33.4	0.114
BL-93	169.20	178.66	9.45	2.25	555.0	586.0	31.0	0.066
	276.22	303.66	27.44	0.86	906.0	996.0	90.0	0.025
BL-94	232.01	236.58	4.57	6.17	761.0	776.0	15.0	0.180
	264.03	271.65	7.62	2.09	866.0	891.0	25.0	0.061
BL-95	396.04	417.11	21.07	1.66	1299.0	1368.1	69.1	0.048
	445.11	464.12	19.01	1.78	1460.0	1522.3	62.3	0.052
BL-99	3.05	6.40	3.35	6.00	10.0	21.0	11.0	0.175
	198.47	314.33	115.86	1.53	651.0	1031.0	380.0	0.045
BL-100	158.23	178.66	20.43	3.53	519.0	586.0	67.0	0.103
BL-121	104.91	140.55	35.64	7.57	344.1	461.0	116.9	0.221
BL-122	163.41	241.16	77.75	1.57	536.0	791.0	255.0	0.046
incl	166.77	177.13	10.36	6.70	547.0	581.0	34.0	0.195
BL-125	110.13	117.53	7.40	2.41	361.2	385.5	24.3	0.070
	150.74	158.74	8.00	5.68	494.4	520.7	26.3	0.166
	174.54	180.05	5.50	3.65	572.5	590.6	18.1	0.106
BL-126	89.02	94.92	5.90	3.36	292.0	311.4	19.4	0.098
	104.33	120.13	15.80	2.60	342.2	394.0	51.8	0.076
BL-127	123.53	131.73	8.20	7.07	405.2	432.1	26.9	0.206
BL-128	84.52	92.32	7.80	1.23	277.2	302.8	25.6	0.036
	174.04	211.65	37.61	2.13	570.9	694.2	123.4	0.062
BL-129	139.04	185.05	46.01	1.57	456.0	607.0	150.9	0.046
BL-130	193.55	197.65	4.10	4.24	634.8	648.3	13.5	0.124
	277.87	286.87	9.00	2.83	911.4	940.9	29.5	0.083
BL-131	91.32	238.26	146.94	1.09	299.5	781.5	482.0	0.032
incl	199.05	214.05	15.00	2.06	652.9	702.1	49.2	0.060
BL-132	234.66	258.97	24.31	2.06	769.7	849.4	79.7	0.060
BL-308	33.78	38.93	5.15	3.45	110.8	127.7	16.9	0.101
	77.47	79.63	2.16	4.21	254.1	261.2	7.1	0.123
	154.76	179.27	24.51	1.29	507.6	588.0	80.4	0.038
	214.45	321.34	106.89	2.35	703.4	1054.0	350.6	0.069
incl	225.06	241.49	16.43	5.81	738.2	792.1	53.9	0.170
	398.78	399.54	0.76	18.51	1308.0	1310.5	2.5	0.541
BL-310	29.06	29.58	0.52	25.71	95.3	97.0	1.7	0.751
	98.08	118.54	20.46	1.77	321.7	388.8	67.1	0.052
	136.62	151.53	14.91	2.91	448.1	497.0	48.9	0.085
BL-311	133.23	145.43	12.19	2.48	437.0	477.0	40.0	0.072
incl	134.75	137.49	2.74	6.91	442.0	451.0	9.0	0.202
	220.13	236.89	16.77	1.13	722.0	777.0	55.0	0.033
BL-312	36.89	66.16	29.27	1.43	121.0	217.0	96.0	0.042