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**News Release 2009-1**

**Listed on the TSX Venture Exchange: LTH**

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### **LITHIC APPOINTS CHIEF FINANCIAL OFFICER**

**Lithic Resources Ltd. (LTH-TSX Venture)** (the "Company") today announced that it has appointed Mr. Steve Vanry, CFA, CIM, as Chief Financial Officer.

Mr. Vanry's business career includes sixteen years with publicly traded natural resource companies during which time he focused on corporate development and finance as well as acquisitions. He served as Controller for Cumberland Resources from 1998 to 2000 and most recently, was President and CEO of Fury Explorations Ltd., a company with advanced stage silver projects in Nevada which he founded and subsequently merged with Golden Predator Mines Inc. He currently serves as President, interim CFO and director of Golden Predator. Mr. Vanry is a holder of the right to use the Chartered Financial Analyst designation and the Canadian Investment Manager designation and is a member of the CFA Institute as well as the Vancouver Society of Financial Analysts.

Mr. Vanry's experience in the financial management and administration of publicly traded companies as well as his background in more general corporate development in the resource sector will provide a strategic advantage to the Company going forward.

#### **About Lithic Resources Ltd.**

Lithic Resources Ltd. is a junior mining exploration company based in Vancouver, Canada which trades on the TSX Venture Exchange under the trading symbol LTH. The Company holds a 100% interest in the Crypto zinc-indium-copper-molybdenum project in Utah where in the early 1990's, Cyprus Minerals estimated a historical resource of 5.4 million tonnes of sulphide mineralization grading 8.7% zinc and a further 2.8 million tonnes of near surface oxide mineralization grading 7.0% zinc.

In July 2008, the Company completed a program of 10,639 metres of core drilling aimed mainly at confirming and expanding the historical zinc resource as well as investigating its indium and copper potential. It is currently preparing an updated resource estimate for the property as well as initiating preliminary metallurgical testwork.

Although world markets and particularly the commodities markets have experienced major downturns recently and will probably continue to exhibit a high degree of volatility for some time, management feels that it is important to retain a core team of key personnel. With a healthy treasury and negligible holding costs for the Crypto property, the Company is well-positioned to survive through these times and will be able to take full advantage of renewed interest in the sector when it comes.

#### **LITHIC RESOURCES LTD.**

"C.F. Staargaard"

C.F. Staargaard  
President and CEO

#### **FURTHER INFORMATION:**

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*The TSX Venture Exchange has not reviewed and does not accept responsibility for the accuracy or adequacy of this news release.*