

Northrock Diamond Drilling Program Returns 13.21grams/tonne Gold over 13.0 metres on Main Gold Zone at Turner Lake Project, Nunavut,

Vancouver, British Columbia, October 20, 2009 – Northrock Resources Inc. (TSX Venture: NRK) (the “Company”) is pleased to announce assay results from its 2009 drill program at the Main Gold Zone of the Company’s 100% owned Turner Lake Project.

The drill program has confirmed that the Main Gold Zone has good continuity along strike and down-dip and, as found in all previous drilling, significant gold mineralization occurring within a brecciated, meta-greywacke enclosed within ultramafic volcanics. **Visible gold was noted in eight of the nine holes completed this summer.**

The Table below lists all significant gold values obtained from the 2009 drill program.

Drill Hole	From (m)	To (m)	Width (m)	Au Grams/tonne
TL-09-22	28.50	32.50	4.00	4.91
including	31.50	32.50	1.00	9.80
TL-09-23	34.20	34.70	0.50	19.20
TL-09-24	40.70	44.10	3.40	2.35
including	40.70	41.20	0.50	9.42
TL-09-25	50.00	61.20	11.20	3.32
including	50.00	52.00	2.00	9.35
	60.00	61.20	1.20	10.10
TL-09-26	93.00	111.00	18.00	5.60
including	93.00	95.00	2.00	12.50
including	98.00	99.00	1.00	10.70
including	103.00	108.00	5.00	8.70
TL-09-27	88.60	93.60	5.00	3.30
including	91.60	93.60	2.00	5.74
TL-09-28	101.0	102.0	1.00	6.36
	111.0	113.0	2.00	22.54
	124.0	132.0	8.00	4.92
including	124.0	127.0	3.00	6.49
TL-09-29	104.0	117.0	13.0	13.21
including	113.0	117.0	4.00	29.73
including	113.0	114.0	1.00	75.60

including	116.0	117.0	1.00	31.80
	124.0	131.0	7.00	4.85
	136.0	147.0	11.00	7.31
including	138.0	142.0	4.00	11.14
TL-09-30	168.0	171.0	3.00	4.52
	180.0	183.0	3.00	5.45

The estimated true width of the mineralization ranges between 30 to 87 percent of the core lengths.

Historical exploration on the gold zone has determined it to have a surface exposure of over 500 metres with randomly spaced diamond drilling confirming the zone to extend to at least 100 metres in depth. The objective of Northrock's diamond drilling program has been to systematically test the continuity of the zone along strike and to depth. The results received from the 2008 diamond drilling program found most holes to contain visible gold. The main gangue mineralogy within the zone consists of quartz veins/microveins, arsenopyrite, pyrrhotite and minor chalcopyrite with ICP analysis indicating elevated silver and bismuth concentrations also present in the gold zone. The zone occurs along a metasedimentary-ultramafic contact with gold concentrations focused within the iron rich, brecciated, meta-greywacke.

The program consisted of two fences of holes completed from the same drill pad located at 588,715E/7,457,100N. The following table provides the collar survey data and length of each hole.

Hole Number	Azimuth (magnetic)	Dip (degrees)	Length of Hole (m)
DF-09-22	32	-45	92.96
DF-09-23	32	-62	81.08
DF-09-24	32	-72	110.95
DF-09-25	32	-80	71.63
DF-09-26	32	-85	126.80
DF-09-27	77	-45	99.36
DF-09-28	77	-65	157.28
DF-09-29	77	-70	166.12
DF-09-30	77	-85	275.54
		Total	1181.72

The Turner Lake Property consists of the HA 1-4 mineral claims which overlie an area of approximately 29.0 sq km containing three known mineral occurrences: the Main Gold Showing, Turner East Gold and Nickel Knob Showing, all of Archean Age. The property is located on the west side of Bathurst Inlet, Nunavut and within 15 kilometres from tide water. Lorne M. Warner P. Geo supervised the program and is the Qualified Person as defined in National Instrument 43-101. All samples were split on site and transported by Northrock personnel to the Alex-Stewart, Eco-Tech Laboratories in Kamloops, B.C.

Each batch of 20 samples contains a standard, duplicate and blank sample. 28 element ICP and gold fire assays were requested for all samples. Samples containing greater than 3.0 grams/tonne gold were re-run using metallic assay methods.

For further information please contact Karl Kottmeier, President or Kirk Gamley VP Corporate Development, Northrock Resources Inc., at (604) 678 8941.

**ON BEHALF OF THE BOARD OF DIRECTORS OF
NORTHROCK RESOURCES INC.**

Signed

Lorne Warner, P.Ge
Vice President, Exploration

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