

**SWIFT RESOURCES COMPLETES DRILL PROGRAM
ON THE HEN PROPERTY**

Vancouver – Wednesday, July 30, 2008 – Swift Resources Inc. – SWR: TSX.V (“Swift” or the “Company”) has completed its 2008 diamond drill program on the Hen Property, located immediately south of Quesnel Lake. Eight holes totaling 3,956 ft (1,205.79 m) were drilled, targeting gold and base metals. Assays will be released when available.

The 2008 drill program was conducted under the direction of Dr. Krzysztof Mastalerz, Ph.D, P.Geo, Qualified Person as defined by NI 43-101 standards, who has reviewed and approved the technical contents of this news release.

The Company also wishes to announce that pursuant to the Company’s Stock Option Plan, Swift has granted to employees, consultants and directors options to purchase a total of 179,000 shares of the Company at \$0.35 per share, exercisable until July 30, 2013.

Grant of the options is subject to the approval of the TSX Venture Exchange.

SWIFT RESOURCES INC.

s/“Mike Elson”

President & Chief Executive Officer

THE TSX VENTURE EXCHANGE HAS NOT REVIEWED AND DOES NOT ACCEPT RESPONSIBILITY FOR THE ADEQUACY OR ACCURACY OF THE CONTENT OF THIS NEWS RELEASE.

For more information, please contact

Swift Resources Inc.
Stan Szary, Director
(604) 685-6989
(604) 687-1327 (FAX)
www.Swiftres.com