



2007-3

Stroud Resources Intersects High Grade 285(g/t) (8.31oz/ton) Gold Over 1.38 metres at Hislop Project

TORONTO, ONTARIO, March 22, 2007 - Stroud Resources Ltd. (TSXV-SDR) ("Stroud" or the "Company") is pleased to report the results from four drill holes from its current 8,000 metre drill program at its 100% owned Hislop Project near Timmins, Ontario.

Drill hole 259 intersected a high grade mineralized zone grading **285(g/t) gold over 1.38 metres**, (8.31oz/ton) at the -337 metre level. This intersection appears to be the extension of the zone encountered in drill hole 48 which encountered **4.15 metres of 15.36(g/t) gold** at the -165 metre level. This high grade intersection is encouraging as it demonstrates that good gold values extend beyond the -300 metre level. An additional 3,500 metres of drilling is planned to delineate the resources on the Hislop Project. Fifteen holes totaling 4592.5 metres have been drilled to date in the current drilling program. Assay results from holes 262 to 266 are expected to be available within two weeks. Please refer to the attached map.

Table 1

Section	Hole	Depth From (m)	Depth To (m)	Length (m)	Gold (g/t)
3385	257	326.00	326.65	0.65	3.78
3462	258	Abandoned			
3462	259	315.70	316.75	1.05	3.70
		340.00	341.38	1.38	285.00
3355	260	246.00	248.23	2.23	3.52
		250.00	250.87	0.87	3.70
		261.90	262.38	0.48	6.44
3325	261	187.77	188.54	0.77	3.13
		188.54	189.18	0.64	2.45

The widths above are drill intercepts and not true widths. True widths to be determined.

Hislop Gold Project

Longitudinal Projection (looking North East)

