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TSX-V: ATC

ATAC RESOURCES LTD. STEPS OUT AND INTERSECTS
23.01 G/T GOLD OVER 20.67 METRES AT ITS RAU PROPERTY

September 23, 2009 – ATAC Resources Ltd. (TSX-V:ATC) announces important new gold intercepts from its wholly owned Rau property in the Keno Hill District of Yukon Territory. Most of these mineralized intervals are near surface and comprised of oxidized core from the northwestern part of the Tiger Zone. Highlights include:

- **23.01 g/t Au over 20.67 m in hole 09-41;**
- **11.01 g/t Au over 23.48 m in hole 09-46; and**
- **4.08 g/t Au over 51.31 m in hole 09-36.**

The highlighted intercepts are particularly encouraging in light of very positive results that were recently announced from preliminary metallurgical tests conducted on similarly oxidized core from another drill hole in the same part of the Tiger Zone. Gold recoveries from select composite samples ranging from 0.25 to 85.70 g/t gold using a 24 hour cyanide leach returned an impressive 97.55% average recovered gold content as compared to the initial fire assay results (see ATAC news release dated September 15, 2009). These high-grade intercepts are part of broader mineralized intervals, as shown in the attached assay table.

The intercepts in holes 09-39 and 09-41 are highly significant because they show that the Tiger Zone is open to expansion downdip to the northeast and along strike to the northwest. It was previously thought that the zone may have been cut-off in those directions. Hole 09-41 extends the high-grade trend that was first intercepted in **hole 09-19 (24.07 g/t Au over 28.04 m)**. The intercept in hole 09-39 is a marked improvement from weak mineralization in holes up-dip from it on section line 10+400 W and resembles mineralization intersected in holes up-dip from hole 09-41 on section line 10+350 W.

The attached assay table lists whole or partial results for seven holes. Assays are pending for another 30 holes, including 09-37, 09-40 and holes 09-42 to 09-45. Maps illustrating the locations of drill holes at the Rau property can be viewed on the Company's website.

"We are very excited by the new results", states Graham Downs, CEO of ATAC. "Drilling is continuing at the Rau property, but it has been reduced to one rig so that work can focus on road building and construction of a new camp closer to the drill area. These infrastructure upgrades are being undertaken in response to the exploration success and to facilitate an early resumption of drilling in 2010."

Gold determinations were carried out at ALS Chemex in North Vancouver, B.C. where samples were fine crushed before a 250 gram split was pulverized to better than 85% passing 75 microns. The pulverizing circuit was cleaned with quartz sand twice between samples. Splits of the pulverized fraction were routinely dissolved in aqua regia and analyzed for 49 elements using inductively coupled plasma (ICP) together with mass spectrometry (MS) or atomic emission spectroscopy (AES). Gold analyses were by the Au-AA26 procedure that involves fire assay preparation using a 50 gram charge with an atomic absorption spectroscopy finish.

Rigorous procedures are in place regarding sample collection, chain of custody and data entry. Certified assay standards, duplicate samples and blanks are routinely inserted into the sample stream to ensure integrity of the assay process.

The technical information in this news release has been reviewed by Robert C. Carne, M.Sc., P.Geo., a qualified person for the purpose of National Instrument 43-101.

ATAC is a well funded junior mining company focused on gold. For additional information concerning ATAC Resources Ltd. or its various exploration projects please visit ATAC's website at www.atacresources.com.

On behalf of the Board of ATAC Resources Ltd.

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Newly Released Drill Intercepts – Rau Property – September 23, 2009

Hole #	Type	From (m)	To (m)	Interval (m) (1)	Gold (g/t)	Silver (g/t) (2)
Section 10+170 W						
Rau-09-46 (3)	Oxide	16.15	72.84	56.69	5.95	
<i>including</i>		16.15	22.25	6.10	8.23	
<i>and</i>		41.44	64.92	23.48	11.01	
Section 10+200 W						
Rau-09-35	Sulphide	117.43	123.48	6.05	1.42	19.1
Rau-09-36	Oxide	31.60	97.34	65.74	3.30	
<i>including</i>		46.03	97.34	51.31	4.08	
Section 10+300 W						
Rau-09-28	Oxide	88.39	107.29	18.90	1.58	
Section 10+350 W						
Rau-09-38	Oxide	32.32	51.51	19.19	1.44	
Rau-09-41 (4)	Oxide	71.63	96.10	24.47	19.59	10.93
<i>Including (5)</i>		74.68	95.35	20.67	23.01	11.11
Section 10+400 W						
Rau-09-39	Oxide	96.01	103.18	7.17	1.34	
<i>including</i>		96.01	99.24	3.23	2.54	

- (1) Intervals shown are mineralized lengths of core; all cut across bedding but fold geometry is not well enough understood to reliably calculate true widths. Based on bedding to core angles true widths are estimated to be 70 to 90% of interval lengths.
- (2) Only intervals averaging more than 10 g/t Ag are listed.
- (3) The reported weighted average grade for this interval has been conservatively calculated because the reported interval includes three sections of 1.52, 1.52 and 3.04 m from which no core was recovered and for which grades of 0 g/t Au were assigned when calculating the weighted average grade.
- (4) Not all assays outside the reported intervals have been received for this hole.
- (5) The individual assays that were used to calculate the weighted average grade of this intercept ranged from 13.15 to 41.20 g/t Au.