



SOUTHERN PACIFIC FILES ANNUAL OIL AND GAS AND FINANCIAL DISCLOSURE

October 22, 2008

Calgary, Alberta - Southern Pacific Resource Corp. ("Southern Pacific" or the "Corporation") (TSX VENTURE:STP) has filed its Form 51-101F1 - Statement of Reserves Data and Other Oil and Gas Information, under National Instrument 51-101 Standards of Disclosure for Oil and Gas Activities. The oil and gas information is included in the Annual Information Form filed by the Corporation on October 22, 2008. Such filings can be accessed electronically from the SEDAR website at www.sedar.com.

For further information, please contact:

Southern Pacific Resource Corp.
<http://www.shpacific.com/>

Dave Antony, CEO
Tel: 403-269-5219
E-mail: dantony@shpacific.com

or

Byron Lutes, President
Tel: 403-269-1529
E-mail: blutes@shpacific.com

Safe Harbour

Statements in this press release may contain forward-looking information including expectations of future operations, operating costs, commodity prices, administrative costs, commodity price risk management activity, acquisitions and dispositions, capital spending, access to credit facilities, income and oil taxes, regulatory changes, and other components of cash flow and earnings. The reader is cautioned that assumptions used in the preparation of such information may prove to be incorrect. Events or circumstances may cause actual results to differ materially from those predicted, a result of numerous known and unknown risks, uncertainties, and other factors, many of which are beyond the control of the company. These risks include, but are not limited to, the risks associated with the oil and gas industry, commodity prices and exchange rate changes. Industry related risks could include, but are not limited to, operational risks in exploration, development and production, delays or changes in plans, risks associated to the uncertainty of reserve estimates, health and safety risks and the uncertainty of estimates and projections of production, costs and expenses. The reader is cautioned not to place undue reliance on this forward-looking information.

The TSX Venture Exchange does not accept responsibility for the adequacy or accuracy of this release.