



SOUTHERN PACIFIC PROVIDES OPERATIONAL UPDATE ON ITS MCKAY AND SENLAC THERMAL PROJECTS

Calgary, Alberta – December 15, 2009

Southern Pacific Resource Corp. ("Southern Pacific" or the "Company") (TSX VENTURE: STP) is pleased to provide an update on activity in its core operating areas, namely its STP-McKay and STP-Senlac thermal projects, as well as its upcoming winter corehole program.

STP-McKay Thermal Project

On December 7, 2009, the Energy Resources Conservation Board (ERCB) issued a document entitled Supplemental Information Request ("SIR") to Southern Pacific pertaining to its STP-McKay Thermal Project application submitted on May 29, 2009. This is the standard process by which the ERCB requests additional information on all oil sands project applications. The SIR was issued six months from the date the application was submitted, which is consistent with the anticipated timeline.

Southern Pacific is of the opinion that no significant issues with the application have been identified by the SIR. Southern Pacific had previously received Alberta Environment's SIR related to the application. In the Company's opinion, these questions similarly did not contain any significant concerns. Southern Pacific is in the process of responding to the SIRs.

Because no material questions have been raised in the ERCB and Alberta Environment SIRs, the Company is moving aggressively towards completing a Front End Engineering and Design (FEED) study on the STP-McKay Thermal Project. The FEED study is being prepared by a team of 20 engineering and design professionals. When completed in the first quarter of 2010, the FEED study will fulfil all the engineering required to commence the ordering of equipment and ultimately the construction of the project. Construction is scheduled to begin in the fall of 2010.

Southern Pacific is pleased to report that the STP-McKay Thermal Project development timeline is proceeding as expected.

STP-Senlac Thermal Project

The Senlac Thermal Project, acquired on November 4, 2009, has now been fully integrated into Southern Pacific, resulting in one month's production and cash flow. The property averaged 5,081 barrels per day in November despite having approximately three days of downtime due to an anomalous power disruption at a nearby SaskPower substation. Cash flow is estimated to exceed \$6.0 million for November.

Southern Pacific believes the benefits of operating its own steam assisted gravity drainage (SAGD) production at Senlac have already become apparent. Several key engineers from the STP-McKay FEED study team have spent time at the Senlac Thermal Project, discussing operational items with the experienced staff on site. The collaboration of people and comparisons between the Senlac and McKay designs will undoubtedly create an even better product when STP-McKay begins construction next year.

2009-10 Winter Exploration Program

Southern Pacific and its 20% working interest partner, Bounty Developments Ltd., have commenced this winter's exploration program with ice road construction already underway. The program will be carried out on two of Southern Pacific's six oil sands leases, namely Hangingstone and McKay South. Each program will consist of approximately 20 coreholes. The objective of the program is to identify at least one new project area from which to begin making plans for another thermal project. Both of these programs have been designed based on strong potential shown from the Company's existing seismic and corehole data. The program is expected to cost about \$8.0 million (net) and will be funded entirely from cash flow.

New Staff

Southern Pacific is also pleased to announce that over the past month the Company has hired four new managers. Wayne Beatty (Manager, Reservoir Engineering), Adrian Dodds (Manager, Operations), Chad Harris (Manager, Geosciences) and Troy Bergfeldt (Controller) have joined the Southern Pacific team. The Company looks forward to their contributions as it continues to grow.

For further information, please contact:

Byron Lutes, President & CEO
403-269-1529
blutes@shpacific.com

Dave Antony, Chairman
403-269-5219
dantony@shpacific.com

Or visit our website at: www.shpacific.com.

Safe Harbour

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