

8th April 2009

RAMBLER FILES UPDATED NI 43-101 TECHNICAL REPORT

London, England & Baie Verte, Newfoundland and Labrador – Rambler Metals and Mining plc ('Rambler') (TSXV: RAB, AIM: RMM) is pleased to announce that the company has completed the full technical report to accompany the updated resource statement released on February 26th, 2009. This updated NI43-101 compliant resource estimate includes all diamond drilling information from both the surface and underground drill programs up to January 31st, 2009.

This new resource estimate will be an integral part of the underground engineering work which is nearing completion by CSI Inc. Mining and Engineering.

George Ogilvie, President and CEO commented;

"The original NI43-101 technical report completed by SRK Consulting (Canada) in June 2008 made many recommendations on how Rambler could improve its resource estimate. Rambler over the course of the last 8 months has acted upon many of those recommendations allowing a superior updated NI43-101 resource to be produced. We are confident that by following the new set of recommendations there is further potential to expand the resources."

A copy of this report has now been filed on SEDAR and is also available on our website. (www.ramblermines.com)

About the Company

Rambler was founded in 2004 when Altius Minerals Corporation ("Altius"), a Newfoundland and Labrador based resource company, contributed to the Company's asset base an option to acquire and develop the Rambler property.

The Rambler property had been a former underground copper and gold producing property that ceased production when the deposit reached a then third party property boundary. This neighbouring property was subsequently consolidated before being brought into the Company. The Company now owns a 100% interest in the property.

The principal activity of the Group is carrying out development and exploration on the Rambler Property a mineral exploration property located on Newfoundland and Labrador's Baie Verte Peninsula.

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Larry Pilgrim, P.Geo. is the Qualified Person responsible for the technical content of this release and has reviewed and approved it accordingly. Mr. Pilgrim is an independent consultant contracted by Rambler Metals and Mining plc.

All tonnes are dry metric tonnes.

National Instrument 43-101 compliance information regarding sampling and analytical protocols pertaining to the Rambler Project can be accessed via the following link: <http://www.ramblermines.com>

Neither TSX Venture Exchange nor the Investment Industry Regulatory Organization of Canada accepts responsibility for the adequacy or accuracy of this release.