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News Release

STRONGBOW UPDATES SPENCES BRIDGE EXPLORATION PROJECTS, BRITISH COLUMBIA

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Strongbow Exploration Inc. (SBW: TSXV) is providing an exploration update on its gold properties in southwestern British Columbia, including the Shovelnose, Skoonka Creek and Ponderosa properties.

All assay data have been received for exploration work conducted in 2007 on the 100% owned **Shovelnose** property, located approximately 30 km south of the town of Merritt. The Mik and Line 6 showings were discovered during the 2007 exploration field season (Strongbow news release #07-27, November 29, 2007). Gold mineralization is characterized by a series of shallow to moderately west dipping, colloform-banded quartz veins that appear to be spatially associated with a series of rhyolite domes. Follow up work completed in October has expanded both showings and returned the highest gold assays yet reported from the property. Gold mineralization at the Mik showing has been traced over a 200 m by 80 m area with 19 of 57 bedrock and float samples returning in excess of 0.5 g/t Au, including three best assays of **43.8 g/t Au, 11.1 g/t Au and 8.7 g/t Au**. The Line 6 showing is associated with a 600 m by 250 m multi-element soil geochemical anomaly. Twelve of 34 rock samples collected in 2007 have returned in excess of 0.5 g/t gold with three best assays of **4.9 g/t Au, 3.3 g/t Au, and 2.1 g/t Au**. Bedrock exposure in the Mik and Line 6 areas is generally poor and plans for exploration work in 2008 will include mechanized trenching to better assess the extent and orientation of quartz veining and alteration related to gold mineralization on the property.

A 3,144 m drilling program was completed at the **Skoonka Creek** gold property in October 2007. Drilling tested the Deadwood (6 holes), Blackburn (4 holes), Ember (2 holes) and JJ (1 hole) showings. Moderate to strong zones of silicification and clay alteration were identified in the drill holes testing the Deadwood showing, with mineralized intervals ranging from 0.82 m to 16.26 m in width, with grades ranging from 0.42 g/t Au to 6.43 g/t Au. Better mineralization was typically located at shallow depths, reflecting the mineralized zones mapped at surface. Tracing and defining the mineralized intervals at Deadwood is complicated by a series of post mineralization feldspar porphyry dykes. Drilling at the Blackburn, Ember and JJ showings returned anomalous gold values (generally < 500 ppb Au) over narrow intervals.

Exploration of the Skoonka Creek property is conducted under a joint venture arrangement with Almaden Minerals Ltd. ("Almaden"). Strongbow owns 51% of the joint venture and is the project operator. Almaden did not contribute to its share of the 2007 budget and Strongbow's ownership interest in the property will increase to approximately 66% once final expenditures for the 2007 program have been allocated. The joint venture partners are currently reviewing all exploration data for the property prior to formalizing exploration plans for 2008.

During October 2007, the Company completed a six hole, 960 m drilling program as part of an Option to earn a 60% interest in the **Ponderosa** gold property from Almaden (Strongbow news release #07-22, August 14, 2007). Significant gold mineralization was not encountered in any of the drill holes. Based on the results of the drilling program, Strongbow has elected not to proceed with further exploration of the property.

Strongbow's 2007 exploration programs are conducted under the supervision of David Gale, P.Geo.(BC), Vice-President of Exploration for Strongbow and a qualified person under NI 43-101. A quality assurance/quality control program is in place, with the insertion of standard, blank and field duplicate samples into the sample stream. All samples from the field and drilling programs were submitted to Acme Analytical Laboratories of Vancouver, BC for analysis. In the case of the drilling programs, all samples were split with one half the core submitted to Acme. All samples are analyzed by 36 element ICP-MS, with rock samples anomalous in gold (>100 ppb) automatically submitted for standard fire assay.

STRONGBOW EXPLORATION INC.

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The TSX Venture Exchange has not reviewed, and does not accept responsibility for the adequacy of this release.