

For Immediate Release

November 20, 2012

Solid Resources Appoints Ven Côté to Board of Directors

VANCOUVER, - **Solid Resources Ltd. ("Solid" or the "Company") (TSX-V: SRW) (OTCQX: SLDRF) (Frankfurt: YRS)** is pleased to announced the appointment of Mr. Ven Côté to the Board of Directors.

Mr. Côté, born in Cabano, Quebec, graduated from the l'Institut de Technologie de Lauzon in 1969 with a diploma in Applied Sciences. Mr. Côté is one of the original founders of ZCL Composites Inc., the largest manufacturer and distributor of Fiberglass Underground Storage Tanks and accessories in North America. As the President and CEO since the company was founded in 1987, Mr. Côté had the remarkable ability to make ZCL Composites into a true Canadian success story, with revenues in excess of \$100 million per year. In 2008, Mr. Côté was named Entrepreneur of the Year[®] (Prairies Region) by the global accounting firm Ernst & Young LLP. Under his leadership, ZCL was named as one of Canada's 50 Best Managed Companies. Mr. Côté retired as CEO and President of ZCL in 2010.

"I look forward to joining the board and working with the Solid team", stated Ven Côté. "I believe that the management and directors of Solid have amassed very strategic properties that will yield the anticipated results to the benefit of its shareholders and stakeholders."

The Board of Directors and management are very pleased to welcome Ven Côté as a new director of Solid Resources. His demonstrated experience and knowledge will enhance and strengthen the Solid team and assist the Company's endeavors in broadening its presence in the national and international marketplace.

Concurrent with Mr. Côté's appointment, the Company has granted to him an aggregate of 250,000 options to purchase common shares of the Company. The options expire at the end of five years with an exercise price of \$.10 per share.

This appointment is subject to the approval of the appropriate regulatory authorities.

About Solid Resources:

Solid Resources is a Canadian junior mining company focused in Spain on the exploration and development of rare and precious metals and industrial commodities worldwide. The Company is currently in the late stage of quantifying the presence of tantalum, tin, lithium and other rare minerals on its Alberta-1 property in north-western Spain and re-opening 62 iron ore concessions in south-eastern Spain.

Certain statements contained in this press release, including statements which are related to exploration activity and future prospects and profitability and which may contain words such as "could", "should", "expect", "believe", "will" and similar expressions and statements relating to matters that are not historical facts are forward-looking

statements. Such forward-looking statements involve known and unknown risks and uncertainties which may cause the actual results, performances and/or achievements of Solid to be materially different from any future results, performances or achievements expressed or implied by such forward-looking statements. Such factors include fluctuations in the market conditions and prices of tantalum, lithium, tin, and other metals and related products and services; competition; political and economic conditions in countries in which Solid does business; changes in laws and regulations, including environmental regulations, to which Solid is subject, and other factors which are described in further detail in Solid's filings with the Canadian Securities Regulators.

Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

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