

For Immediate Release

March 27, 2014

Solid Resources Announces New Chairman of the Board

VANCOUVER, BC - **Solid Resources Ltd.** ("Solid" or the "Company") (TSXV: **SRW**) today announced that Jonathan C.R. Morley-Kirk FCA, FCSI, TEP has been appointed as the non-executive Chairman of the Board of Directors. He replaces Randy Hayward who is standing down, having led the Board since 2009.

Mr. Morley-Kirk is a Fellow of the Institute of Chartered Accountants in England and Wales and specialises in the natural resources sector. Mr. Morley-Kirk has extensive public company experience and is the past Chairman and CFO of Fox-Davies Capital Limited, a U.K. based investment bank that Solid has recently engaged. He has served as a director of a number of diverse public companies including Longreach Oil and Gas Limited, Dimension Resources Inc., EastSiberian PLC, Sorossa Capital PLC and Cardinal Resources PLC.

"I am proud to welcome such an experienced professional as Jonathan to chair the Solid Resources Board.", commented Greg Pendura, President and CEO. "Jonathan brings extensive expertise in financial management and corporate governance. He is well respected in the investment community which should be of benefit to Solid. I would also like to take the opportunity to thank Randy Hayward for his significant contribution to the success of the company as the Chairman of the Board."

The Company is also pleased to announce the appointment of Mr. Michael Nayyar, CA, CPA to the position of Chief Financial Officer. Mr. Nayyar will succeed outgoing CFO Rick Gliege, who will continue to act as Chief Operating Officer, Director and Corporate Secretary. Mr. Nayyar has over 15 years of financial strategy and operational experience in a number of industries, including mining and exploration. He began his career with an international accounting firm providing assurance, business advisory and taxation services to private and public clients. Mr. Nayyar has gained significant experience with public company accounting and financial reporting for Canadian and US companies. In addition, he has consulted on initial public offerings, corporate re-organizations and business advisory assignments for various clients. Mr. Nayyar is a member of the Canadian Institute of Chartered Accountants and the Institute of Chartered Accountants of British Columbia.

Concurrent with Mr. Nayyar's appointment, the Company has granted him an aggregate of 200,000 options to purchase common shares of the Company. The options expire at the end of five years with an exercise price of \$0.13 per common share.

Solid Resources is a Canadian junior mining company focused in Spain on the exploration and development of rare and industrial metals. The Company is currently studying the re-opening of the Cehegin iron ore concessions in south-eastern Spain and is applying for an exploitation permit on its Alberta-1 tantalum/tin and lithium property in north-western Spain.

Neither the TSX Venture Exchange or 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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