

*For Immediate Release***May 7, 2014**

Stanley Bartlett Joins Solid Resources Advisory Board

VANCOUVER, BC - **Solid Resources Ltd.** ("Solid" or the "Company") (TSXV: **SRW**) is pleased to announce the appointment of Mr. Stanley Bartlett, M.Sc., PGeo to its Advisory Board.

Mr. Bartlett is a Senior Geologist and Vice President with Micon International Ltd. and is Managing Director of the firm's Norwich and Cornwall offices in the UK. He brings to the Advisory Board his thirty plus years' experience in project management and all aspects of mine production. His expertise includes project appraisal, orebody definition and modelling, sampling and assay quality control, mineral resource and reserve estimation and bulk sampling in support of metallurgical studies. Mr. Bartlett has held senior positions in mine operations and project evaluation groups and, prior to joining Micon, played an integral part in the development of an open pit copper mine/heap leach/electrowinning operation in Chile. During the course of his career, Mr. Bartlett has managed major mining and drilling contractors, and been responsible for liaison with government agencies, joint-venture partners, local community groups and mineral property vendors.

Mr. Bartlett, who is fluent in Spanish, is a registered Professional Geoscientist with the Association of Professional Engineers and Geoscientists of the Province of British Columbia is a Qualified Person as defined by NI 43-101, or Competent Person as defined by the JORC Code.

Solid's management and Board of Directors would like to welcome Stanley to the team.

About Solid Resources

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.

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