

For Immediate Release**June 3, 2014**

Solid Resources Appoints Bill Hooley to the Board of Directors

VANCOUVER, BC - **Solid Resources Ltd.** ("Solid" or the "Company") (TSXV: **SRW**) today announced that Bill Hooley has been appointed as a non-executive member of the Board of Directors. He will be replacing Harry McKinders, who is standing down to facilitate Mr. Hooley's appointment, having been a director of the Company since 1998.

Mr. Hooley is a mining engineer from the Royal School of Mines and a Fellow of the Australasian Institute of Mining and Metallurgy. Mr. Hooley has extensive public company director experience in mining, consulting and processing companies operating in many countries. In addition to forty-five years' experience in the worldwide minerals industry, Mr. Hooley has held the position of President and Vice-Chairman of Labrador Iron Mines Holdings Ltd. since 2007 and has been the Chief Executive of Anglesey Mining plc since 2006. He was also a Managing Director of Micon International Co. Limited from 2000 to 2005.

"The management and Board of Directors are delighted with the addition of Bill to our board", commented Greg Pendura, President and CEO. "Bill brings a wealth of experience to the Company in both the planning and development of mining operations as well as executive leadership with publicly listed mining companies. Bill's involvement in the 2011 reactivation of Labrador Iron Mines, James Mine in the Schefferville Region of the Labrador Trough, will be of particular value to the Company as we advance our Cehegin iron ore project. I would also like to take this opportunity to thank Harry McKinders for his significant contribution to Solid Resources as a long term director. While Harry is stepping aside from the board, he will remain close to the team as a consultant."

Spanish Project Manager

The Company announces the appointment of Richard Quellyn-Roberts as the Project Manager overseeing Solid's Spanish Cehegin Iron Ore and Alberta-1 projects.

Mr. Quellyn-Roberts is a senior executive in the commodity industry, principally iron ore and potash. He specializes in logistics, feasibility reporting and project management. As the past acting COO of African Minerals, he oversaw the successful export of the first ever Cape Size vessels (170,000mt) of iron ore from Sierra Leone. Mr. Quellyn-Roberts worked with Petronas to assess the feasibility, improve efficiency and evaluate production of domestic iron ore producers across Malaysia, assisting the miners in exporting over 8mt of iron ore shipments from the port of Kuantan. In addition, he previously assisted a large iron ore producer to increase efficiencies in Morocco and the USA.

In prior years he was an Officer and served within the Directorate of Specials Forces of the HM Forces, where he was responsible for intelligence reports and the security of over 900 personnel on a high-security L1 Category site.

Mr. Quellyn-Roberts will be relocating to Spain from the UK to assume his responsibilities. The Board of Directors and management of Solid Resources would like to welcome Rich to the Solid team.

The Company would also like to announce that it received proceeds of \$357,000 through the exercise of 2,380,000 warrants, which expired on May 10, 2014

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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For further information contact:

SOLID RESOURCES LTD. Greg Pendura, President & CEO Solid Resources Ltd. Ph: 780-800-0726 www.solidresources.com	Fox-Davies Capital Daniel Fox-Davies, Managing Director Or Jonathan Evans, Director, Corporate Finance 1 Tudor Street, London, England Ph: +44(0) 20 3463 5000 www.fox-davies.com
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