

David Henstridge Joins Solid Resources Advisory Board

TSXV: SRW
FRANKFURT: YRS

VANCOUVER, March 31 /CNW/ - **Solid Resources Ltd. ("Solid" or the "Company") (TSX-V: SRW; Frankfurt: YRS)** is pleased to announce the appointment of Mr. David Henstridge, P. Geol. to the Advisory Board.

Mr. Henstridge is a Professional Geologist and brings over 37 years in the mining industry including 20 years in managing public-listed companies. Mr. Henstridge holds a Bachelor of Science (Honours) degree from the University of Adelaide in Australia and professional designations from each of the Australasian Institute of Mining and Metallurgy, the Australian Institute of Geoscientists and the Geological Society of Australia. Mr. Henstridge is the President and CEO of Tumi Resources Limited (TSX-V: TM) and serves as the qualified person under NI 43-101. Mr. Henstridge is an officer and/or director of other public-listed mineral exploration companies including Tasman Metals Ltd. (TSX-V: TSM), Mawson Resources Ltd. (TSX-V: MAW) and Tinka Resources Ltd. (TSX-V: TK). Mr. Henstridge has managed numerous advanced exploration projects throughout Australia, Europe and the United States. Mr. Henstridge worked for and consulted to several companies on advanced exploration and feasibility projects in Australia, Papua New Guinea, Fiji, China and North and South America since 1987. Mr. Henstridge has also co-authored 15 geological publications.

"I am very pleased with the addition of David Henstridge to Solid's Advisory Board," stated Mr. Greg Pendura, President and CEO. "David is committed to being an active member of Solid's geological team. His experience in European and Peruvian mining, combined with his strong business abilities will prove to be extremely valuable to the Company at this exciting stage."

About Solid Resources:

Solid Resources is a Canadian junior mining company focusing on the exploration and development of rare and precious metals and industrial commodities worldwide. The Company is currently quantifying the presence of tantalum, tin, lithium and other rare minerals on its property in north-western Spain. In addition, further exploratory work is being conducted on its gold, copper concession in the Province of Ayabaca in northwest Perú.

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, silver 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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