

Solid Expands Thickness and Continuity of Consistency of Mineralized Dykes at Doade-Presqueiras Rare Metals Project, Spain

TSXV: SRW
FRANKFURT: YRS

VANCOUVER, May 16 /CNW/ - Solid Resources Ltd. ("SOLID" or the "Company") (TSX-V: SRW) (Frankfurt: YRS) is pleased to provide assay results from an additional 6 holes drilled as part of the Phase 3 program that is currently underway at the Company's 100% owned Doade-Presqueiras rare metals project in North-western Spain.

The thickness and number of mineralized pegmatite dykes intersected as evidenced in the latest assay results, holes S0-11-05 through S0-11-10, continues to expand the previously known mineralized dykes in this northern zone. Holes 5, 6 and 7 report mineralized pegmatite intersections at 5 different levels ranging in width from 1.1m to 9.85m.

"Based on these encouraging results and the discovery of new blind dykes along with the continuity of the previously known dykes, the Company will immediately be moving forward to construct a resource model for both the north and south zones of the property." stated Greg Pendura, CEO and President.

Assayed Intervals

DRILL HOLE	FROM (m)	TO (m)	LENGTH (m)	Sn (ppm)	Ta ₂ O ₅ (ppm)	Nb ₂ O ₅ (ppm)	Li ₂ O (%)	Rb (ppm)
SO-11-01	18.5	21.3	2.8	996	131	116	0.01	496
	31.90	33	1.1	1065	207	120	<0.01	261
SO-11-02	39.1	50.1	11	761	174	132	0.07	911
SO-11-03	36.95	41.95	5	690	78	67	0.34	978
	48.2	51.2	3	709	118	103	0.87	610
	54.2	64.35	10.15	679	115	106	0.37	976
SO-11-04	Results	Pending						
SO-11-05	13.45	14.80	1.45	666	109	100	0.03	313
	51.20	57.00	5.8	464	61	60	0.19	1323
	66.20	71.55	5.35	680	80	80	0.23	1001
	73.35	78.30	5.95	464	58	88	0.13	552
	81.40	88.35	6.95	650	76	95	0.78	744
SO-11-06	16.60	18.15	1.55	1042	182	146	0.03	605
	51.55	56.75	5.2	519	70	59	0.31	842
	58.25	68.10	9.85	640	105	99	0.85	988
	77.75	82.10	4.35	653	66	87	0.13	677
	90.35	95.40	5.05	559	82	90	0.35	752
SO-11-07	28.15	30.20	2.05	895	115	106	0.05	623
	63.80	69.90	6.1	770	105	90	0.67	1306
	71.10	75.80	4.7	899	87	92	0.44	852
	94.40	95.50	1.1	1575	97	101	0.02	346
	99.05	101.00	1.95	692	115	87	0.13	610
SO-11-08	50.90	58.50	7.6	997	166	126	0.41	983
	66.00	72.50	6.5	734	134	107	0.66	1003
SO-11-09	53.35	57.65	4.30	795	82	68	0.31	599

	86.60	102.20	15.60	340	50	58	0.15	818
SO-11-10	30.60	34.95	4.35	811	88	85	0.11	680
	45.60	52.85	7.25	394	77	58	0.66	740
	74.50	80.80	6.30	367	54	73	1.1	661

Intercepts represent approximately 90% true thickness
ppm=g/t

Twenty-nine holes will be drilled in the 2011 campaign, the third carried out by Solid, which will assist the Company in verifying the location and continuation of the mineralised pegmatite dykes.

Dr. Alfonso S. Gracia Plaza, Doctor of Science in Economic Geology, is the Director of the ALBERTA-1 Project and supervises the Company's exploration programme on the project. He is responsible for the technical reporting in this news release and is the Company's "Qualified Person" for the purpose of NI 43-101.

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.

Quality Control:

Assay results were provided by ALS Minerals in Vancouver using XRF and ICP-MS. A complete description of the QA/QC can be referenced on the news release issued May 2, 2011.

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.

%SEDAR: 00009435E

For further information:

Solid Resources Ltd

Greg Pendura
President & CEO
Solid Resources Ltd.
Ph: (780) 800-0726

www.solidresources.com Email: info@howardgroupinc.com

The Howard Group Inc.

Investor Relations
Dave Burwell
Toll Free: 1-888-221-0915
Ph: (403) 410-7907

www.howardgroupinc.com

CO: Solid Resources Ltd.

CNW 12:12e 16-MAY-11