

Solid Intersects Near Surface High Grade Mineralization at Doade-Presqueiras Rare Metals Project, Spain

Results include: 5.7m averaging - 205 ppm Tantalum and 1,216 ppm Tin

TSXV: SRW
OTCQX: SLDRF
FRANKFURT: YRS

VANCOUVER, Aug. 31, 2011 /CNW/ - Solid Resources Ltd. ("SOLID" or the "Company") (TSX-V: SRW) (OTCQX: SLDRF) (Frankfurt: YRS) is pleased to provide assay results from an additional 10 holes drilled as part of the 2011 drill program that is currently underway at the Company's 100% owned Doade-Presqueiras rare metals project in North-western Spain, 25 km east of the port city of Pontevedra.

"I am encouraged by the continued positive grade results for all metals in the extensions of Coto Tocayo and Acebedo.", commented Greg Pendura, CEO and President. "These results, combined with the near surface intersections of the mineralized pegmatite dykes, demonstrate the significance of the southern regions of the property."

Drill holes SO-11-19, SO-11-20, SO-11-21, SO-11-22 and SO-11-23 correspond to two areas of the southern extension of the deposit (respectively called Coto Tocayo and Acebedo) with favourable and consistent results for all metals. In both areas three of the high grade mineralised dykes are almost at surface level. At Acebedo, the core from drill hole SO-11-23 has a 12.8m-wide intersection commencing 16.7m down-hole and at Coto Tocayo drill hole SO-11-19 has a 1.45m-wide intersection commencing only 3m down-hole, while hole SO-11-20 has a 5.7m-wide intersection commencing 9.3 m down-hole.

| 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-11-14 | 77.85 | 87.00 | 9.15 | 614 | 83 | 70 | 0.78 | 759 |
| | 124.55 | 126.70 | 2.15 | 205 | 91 | 66 | 0.12 | 763 |
| | 145.55 | 153.25 | 7.7 | 189 | 34 | 48 | 1.04 | 539 |
| SO-11-15 | 46.90 | 50.95 | 4.05 | 803 | 91 | 91 | 0,09 | 617 |
| | 57.10 | 67.10 | 10 | 560 | 73 | 64 | 1.49 | 841 |
| | 104.85 | 107.50 | 2.65 | 315 | 113 | 75 | 0.50 | 581 |
| | 109.30 | 113.15 | 3.85 | 309 | 39 | 56 | 0.40 | 751 |
| SO-11-16 | 78.50 | 79.50 | 1 | 125 | 36 | 42 | 0.01 | 245 |
| | 91.65 | 92.75 | 1.1 | 85 | 73 | 82 | 0,02 | 278 |
| | 97.90 | 98.65 | 0.75 | 93 | 109 | 130 | 0.01 | 229 |
| SO-11-17 | 19.80 | 23.60 | 3.80 | 568 | 204 | 104 | 0.084 | 1018 |
| | 51.15 | 51.65 | 0.5 | 145 | 109 | 95 | 0.007 | 294 |
| | 52.00 | 52.50 | 0.5 | 196 | 134 | 117 | 0.018 | 388 |
| SO-11-18 | 45.35 | 51.35 | 6 | 532 | 89 | 72 | 0.1 | 885 |
| SO-11-19 | 3.00 | 4.45 | 1.45 | 1325 | 231 | 134 | 0.018 | 426 |
| | 66.30 | 74.90 | 8.6 | 934 | 173 | 122 | 0.79 | 1061 |
| | 92.65 | 95.85 | 3.20 | 644 | 158 | 104 | 0.26 | 634 |
| SO-11-20 | 9.30 | 15.0 | 5.7 | 1216 | 205 | 137 | 0.12 | 881 |
| | 36.0 | 37.15 | 1.15 | 758 | 109 | 60 | 0.041 | 519 |
| | 65.20 | 66.05 | 0.85 | 822 | 170 | 110 | 0.029 | 377 |
| | 77.85 | 80.95 | 3.1 | 627 | 105 | 89 | 1.11 | 910 |
| | 92.80 | 94.05 | 1.25 | 724 | 146 | 100 | 0.029 | 415 |
| | 96.75 | 101.50 | 4.75 | 729 | 125 | 86 | 0.013 | 789 |

| | | | | | | | | |
|-----------------|-------|-------|------|------|-----|-----|------|-----|
| SO-11-21 | 41.10 | 51.40 | 10.3 | 852 | 119 | 104 | 0.37 | 812 |
| | | | | | | | | |
| SO-11-22 | 37.50 | 49.00 | 11.5 | 1272 | 128 | 121 | 0.12 | 943 |
| | | | | | | | | |
| SO-11-23 | 16.70 | 29.50 | 12.8 | 797 | 120 | 99 | 0.75 | 957 |

Intercepts represent approximate true thickness

1 ppm= 1 g/t; 1% = 20 lbs

Current prices of metals: Tin - \$11.05/lb; Tantalum (Ta₂O₅) - \$150/lb; Lithium (Li₂O)- \$2-3/lb;

Niobium (Nb₂O₅) - \$21/lb

(August 31, 2011 - US \$'s)

Thirty-one holes were 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. Previously reported assays from the 2011 Drill Program can be viewed on our website at www.solidresources.com.

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.

The Board of Directors announce the retirement of Tony Spat M.Sc, P.Eng as a director. Mr. Spat will continue to provide his valuable expertise to the Company as a member of the Advisory Board and as a consulting geologist.

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.

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For further information:

Solid Resources Ltd

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

The Howard Group Inc.

Investor Relations
Dave Burwell
Toll Free: 1-888-221-0915
Ph: (403) 410-7907
Email:
info@howardgroupinc.com
www.howardgroupinc.com

