

Solid Resources Grants Stock Options

TSXV: SRW
OTCQX: SLDRF
FRANKFURT: YRS

VANCOUVER, Sept. 1, 2011 /CNW/ - Solid Resources Ltd. ("SOLID" or the "Company") (TSXV: SRW) (OTCQX: SLDRF) (Frankfurt: YRS) reports that the Company has granted an aggregate of 450,000 stock options to directors and officers of the Company. The options are at an exercise price of \$0.10 per share and valid for a period of five years from the date of the grant, subject to vesting provisions. The options are granted in accordance with the Company's Stock Option Plan approved by the shareholders on December 13, 2010. The grant of the options has been approved by the Board of Directors and is subject to the final approval of the TSX Venture Exchange.

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, 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

CO: Solid Resources Ltd.

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