



7934 Government Road, Burnaby, BC V5A 2E2

Phone: (604) 551-7831 Fax: 604-676-2767

info@rocklandminerals.ca

rocklandminerals.ca

Rockland Defines Priority Targets at Schefferville Gold Project, Quebec

For Immediate Release, Vancouver, British Columbia, May 5, 2014: Rockland Minerals Corp. (TSX Venture: RL) (the "Company") has received 3-D geophysical modeling of the Schefferville Gold property, located approximately 60 kilometers northwest of Schefferville, Quebec. As a result of the re-interpretation of the geology from the 3D modeling of the magnetic data, fold closures in the Baleine Rouge and Béluga zones are high priority drill targets to extend gold mineralization already intercepted in previous Rockland diamond drilling. The modeling was undertaken on data from Rockland's most recent low-altitude, terrain-draped heli-mag survey flown to pick up high susceptibility iron-bearing target rocks. The 3D modeling will help Rockland select deeper drill targets within broad areas already defined by surface prospecting, and gives a new detailed look at the regional folding which created favourable zones for gold deposition. New maps can be viewed at <http://www.rocklandminerals.ca/schefferville-gold-quebec.html>.

The 3-D magnetic survey interpretation focuses results from a previous induced polarization (IP) ground survey over a small portion of the Baleine Rouge area, and the new interpretation points to a 380m long untested IP anomaly at Baleine Rouge associated with a fold axis. A similar regional fold nose with strong surface gold anomalies at the Béluga area to the north was not surveyed with IP and has not been tested by drilling. The high grade sample of 171 g/t Au in the She-Wolf area (part of the Rusty Acres zone), is seen to be associated with tight, en-echelon magnetic anomalies and is a high priority target area for follow-up IP and drilling.

George F. Sanders, P.Geo, a director of the Company and the Qualified Person under NI 43-101 responsible for the technical content of this news release, states "The close-spaced heli-mag survey is providing us with a valuable 3-D look at this complex area. One of the most interesting places is the area surrounding the 171 g/t Au outcrop sample. We are designing follow-up geophysical and geochemical ground work to cover new targets outlined by the heli-mag survey."

We seek Safe Harbor.

On behalf of the Board of Directors
"Rav Mlait"

President and CEO
Rockland Minerals Corp.

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.