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WINSTON RESOURCES INC.

208 Queens Quay West, Suite 2506, Toronto, Ontario, M5J 2Y5
Phone: (416) 628 9879

WINSTON RESOURCES RECEIVES NI43-101 TECHNICAL REPORT ON ZARA PROPERTIES

Toronto, Ontario, October 29, 2012 - Winston Resources Inc. (CNSX: WRW) ("Winston") announces that it has received a NI43-101 Technical Report (the "Report") on the Ring of Fire properties optioned by its subsidiary Zara Resources Inc ("Zara"). The Report was addressed to Zara and was prepared by the Sibley Basin Group and authored by Alan Aubut P. Geo.

The Report describes the geology and work done to date on the Broke Back and Riverbank Properties (the "Properties") in the McFauld's Lake Area, Ontario, and recommends a first phase exploration program consisting of ground geophysics followed by diamond drilling to confirm the presence of magmatic sulphides. The recommended budget for this program is \$682,000. The full report is available on Winston's profile on SEDAR and on its website www.WinstonResourcesInc.com

The Broke Back property consists of 18 unpatented mining claims comprising of 256 claim units covering an area of approximately 4,096 ha. The Riverbank property consists of 8 unpatented mining claims comprising 87 claim units covering an area of approximately 1392 ha. Zara can acquire an initial 51% undivided interest in the Properties by incurring a minimum of \$1,600,000 in work expenditures on the Properties by no later than December 31, 2014. Following that, Melkior Resources Inc ("Melkior") has the right to elect to form a joint venture with Zara. Should Melkior not elect to form a joint venture on the Properties, Zara will have the option to acquire an additional 19% interest (for a total 70% undivided interest in the Properties) by incurring an additional \$1,000,000 in work expenditures on the Properties within twenty-four months.

Alan Aubut, P. Geo., the author of the Report, is the Qualified Person responsible for the scientific and technical work (as defined under National Instrument 43-101) discussed in this press release, and has reviewed and approved the content herein. Mr. Aubut is independent of Winston and Zara..

About Winston Resources

Winston is a Toronto based mineral company primarily focused on developing its 100% owned Elmtree Gold Project in New Brunswick, Canada, as well as the acquisition and development of other Canadian natural resource properties from joint ventures.

For more information please see www.WinstonResourcesInc.com or contact Danny Wettreich at (416) 628 9879 or dw@WinstonResourcesInc.com

Forward-Looking Information: This press release may include forward-looking information within the meaning of Canadian securities legislation, concerning the business and trading in the common stock of Winston Resources Inc. The forward-looking information is based on certain key expectations and assumptions made by the company's management. Although the company believes that the expectations and assumptions on which such forward-looking information is based are reasonable, undue reliance should not be placed on the forward-looking information because the company can give no assurance that they will prove to be correct. These forward-looking statements are made as of the date of this press release and the company disclaims any intent or obligation to update publicly any forward-looking information, whether as a result of new information, future events or results or otherwise, other than as required by applicable securities laws.

The CNSX has not reviewed, approved or disapproved the content of this press release