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WINSTON RESOURCES INC.

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WINSTON GRANTS INCENTIVE STOCK OPTIONS

Toronto, Ontario, August 5, 2014 – Winston Resources Inc (CSE: WRW) (“Winston” or the “Company”) announces that it has agreed to grant 350,000 incentive stock options to its directors and officers exercisable at a price of \$0.05 per share for periods ranging from 24 months to 60 months from the date of grant.

About Winston Resources

Winston is a Toronto based mineral company which owns 85% of CNRP Mining Inc (CSE:CND) which is developing its 100% owned Elmtree Gold Project in New Brunswick, Canada. Winston also owns significant equity interests in Zara Resources Inc (CSE: ZRI), Hadley Mining Inc (CSE:HM), and Leo Resources Inc (CSE:LEO).

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