



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

Wednesday, August 31, 2011

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.

	FROM	TO	LENGTH	Sn	Ta ₂ O ₅	Nb ₂ O ₅	Li ₂ O	Rb
DRILL HOLE	(m)	(m)	(m)	(ppm)	(ppm)	(ppm)	(%)	(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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