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SOLID RESOURCES ANNOUNCES UPDATES

EDMONTON, CANADA (June 9, 2009) – Solid Resources Ltd. ("Solid") announces that the company has held its Annual General Meeting on June 3rd, 2009 for the December 2007 and 2008 year ends. John Goodwin, MSc, P. Geol., has been appointed Interim President. Mr. Goodwin has 20 years of international mineral exploration experience, is a member of the Association of Professional Engineers, Geologists and Geophysicists of Alberta (APEGGA) and is a "qualified person" under National Instrument 43-101. Garnet Harter, who has worked with the Company for the more than 10 years has accepted the position of Interim CFO until a suitable candidate can be recruited to fill that position. He is also Vice-President - Operations.

Mr. Randy Hayward has been appointed as Chairman of the Board. The audit committee is comprised of R. Derek Frost (chairman), Harry McKinders and Randy Hayward. The compensation and governance committee is also comprised of R. Derek Frost (chairman), Randy Hayward and Harry McKinders. The nominating committee is comprised of Harry McKinders (chairman), Garnet Harter and R. Derek Frost. The Disclosure Officer is Garnet Harter and the Privacy Officer is Harry McKinders. Garnet Harter has been also been named Communications Officer.

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, silver 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.

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The TSX Venture Exchange has not reviewed this release and does not accept responsibility for the adequacy or the accuracy of this release.