



LA QUINTA RESOURCES CORPORATION
1710 – 1177 W. Hasting Street, Vancouver, BC V6E 2L5

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NEWS RELEASE

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LA QUINTA RESOURCES ANNOUNCES CHANGE OF OFFICER

Vancouver, B.C. January 29, 2013 - La Quinta Resources Corporation (TSX-V: LAQ / Frankfurt: LQK / OTCBB: LQRCF) reports Gisele Joubin, Chief Financial Officer and Corporate Secretary of the Company, has tendered her resignation effective January 25, 2013, due to her heavy commitments to other organizations. "I'd like to take this opportunity to thank Gisele Joubin for her long and valuable service as a CFO and a Corporate Secretary to La Quinta Resources. I wish her all the best in her future endeavors", said Glen Watson CEO of the Company.

The Board of La Quinta has appointed Dustin Henderson as Chief Financial Officer starting January 28, 2013 subject only to final TSX Venture Exchange approval. Mr. Henderson has 15 years of experience working in the Mutual Fund Industry and has previous involvement in the management of public companies as a co-founder, director and previous CFO of La Quinta Resources Corp.

Glen Watson, presently Chief Executive Officer (CEO) of the Company will also assume the role of President of La Quinta Resources Corporation starting January 28, 2013.

About La Quinta Resources Corporation

The Carruthers Pass property, located in British Columbia, is a massive sulfide project with copper, gold and silver located 70km south of Kemess copper-gold mine. The project consists of 8 claims covering 3,250 hectares. No resources have been identified on the Carruthers Pass property. Diamond drilling on the property totaling 2,190 m has been completed to date, intersecting mineralized sulfide horizons, as described in the Company's news releases in 2011 and 2012 and in the Technical Report about the property completed by the Company in 2012 in compliance with NI43-101.

On behalf of the board,

"Glen Watson"
CEO and President

For further information, please contact:
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La Quinta Resources Corp.

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