



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

No.13-04

LAQ: TSX-V

NEWS RELEASE

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**LA QUINTA RESOURCES ADOPTS ADVANCE NOTICE POLICY
AND APPOINTS CORPORATE SECRETARY**

Vancouver, B.C. July 29, 2013 - La Quinta Resources Corporation (TSX-V: LAQ / Frankfurt: LQK / OTCBB: LQRCP) ("La Quinta" or the "Company") has adopted an Advance Notice Policy (the "Policy") for the purpose of providing shareholders, directors and management of the Company with a clear framework for nominating directors of the Company at a shareholders' meeting. The Policy is designed to further the Company's commitment to: (i) facilitating an orderly and efficient annual general or, where the need arises, special meeting, process; (ii) ensuring that all shareholders receive adequate notice of the director nominations and sufficient information regarding all director nominees; and (iii) allowing shareholders to register an informed vote after having been afforded reasonable time for appropriate deliberation.

The Policy contains a provision requiring advance notice to the Company in certain circumstances where nominations of persons for election to the Board of Directors are made by shareholders of the Company. The Policy establishes a deadline by which director nominations must be submitted to the Company prior to any annual or special meeting of shareholders and sets forth the information that must be included in the notice to the Company. No person will be eligible for election as a director of the Company unless nominated in accordance with the Policy.

In the case of an annual meeting of shareholders, notice to the Company must be made not less than 30 days and not more than 65 days prior to the date of the annual meeting; provided, however, that, in the event that the annual meeting is to be held on a date that is less than 50 days after the date on which the first public announcement of the date of the annual meeting was made, notice may be made not later than the close of business on the 10th day following such public announcement.

In the case of a special meeting of shareholders called for the purpose of electing directors (whether or not called for other purposes), notice to the Company must be made not later than the close of business on the 15th day following the day on which the first public announcement of the date of the special meeting was made.

The full text of the Policy is available under the Company's profile at www.sedar.com and on the Company's website (www.laquintaresources.com).

The Policy is in effect as at the date of this news release. Pursuant to the terms of the Policy, the Company will seek shareholder ratification of the Policy at its next annual general meeting of shareholders (the "Meeting"). If the Policy is not confirmed at the Meeting, the Policy will terminate and be of no further force and effect following the termination of the Meeting.

La Quinta is also pleased to announce that Mr. Dustin Henderson, BBA, the Company's President and CEO, has been appointed Corporate Secretary.

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,

"Dustin Henderson"

Dustin Henderson, BBA, President, CEO and Corporate Secretary

La Quinta Resources Corp.

1(604) 347-9101 - Email: dhhenderson@shaw.ca - Web Site: www.laquintaresources.com

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