



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 DIRECTOR RESIGNATION

Vancouver, B.C. June 5, 2014 - La Quinta Resources Corporation (TSX-V: LAQ / Frankfurt: LQK / OTCBB: LQRCP) (“La Quinta” or the “Company”) announces that Glen Watson has resigned his position as Director of La Quinta to pursue other opportunities. His resignation is effective June 4, 2014. The Board of Directors and Management of La Quinta wishes Glen the very best in his future endeavours and express their appreciation for his contributions during his tenure as a Director of La Quinta and previously as President and CEO.

About La Quinta Resources Corporation

In addition to the Frances Bay Property acquisition announced January 2014, the Company has acquired by staking the Coppertonic property, located south of Canim Lake, British Columbia, is a copper-gold occurrence historically known as the Sleeping Giant prospect. The project covers 24 claim units covering 480 hectares. A prominent magnetic anomaly centered on the property is interpreted to reflect a larger area of covered porphyry than what outcrops. Historic drilling on the prospect has included an aggregate of twenty two drill holes as described in the Company’s August 15, 2013 news release. No resources have been identified on the Coppertonic property.

On behalf of the board,

“Dustin Henderson”

Dustin Henderson, BBA

President, CEO and Corporate Secretary

La Quinta Resources Corp.

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