



THISTLE RESOURCES CORP. ANNOUNCES

Initial High Grade Gold and Silver Assays, From its Celtic Gold Project Cape Breton, NS, Canada

***** FOR IMMEDIATE RELEASE *****

TORONTO, ONTARIO – (October 3rd, 2019)

Thistle Resources Corp. ("TRC" or the "Company") is pleased to provide an update on its 100% owned "Celtic Gold" project in the Cape Breton Highlands, Nova Scotia.



Figure 1: Location of Thistle's properties in Atlantic Canada, including the Celtic Gold Project, Cape Breton.

The project consists of 192 claims to the southwest and northwest of Transition Metals Corp.’s “Highland Gold Project” in Cape Breton, Nova Scotia. Transition believes they have identified a high sulphidation epithermal gold system coincident with 4-kilometer-long region of low magnetic susceptibility developed near the intersection of 3 main structural trends. Last month, Thistle’s Technical Team conducted a field visit, the following samples were collected from the areas of 2 trenches. (Figure 2)

Table 1: Assay Results, Celtic Gold Project

Sample #	Gold (ppb)	Gold (g/t)	Silver (g/t)	Tungsten (ppm)
CB2	59	0.059	1.2	< 4
CB3	211	0.211	2.4	< 4
CB4	131	0.131	2.3	< 4
CB5	1529	1.529	29.7	> 200
CB6	757	0.757	17.7	16
CB7	6827	6.827	92.0	54

Samples CB2 and CB3 were collected from Trench Area 1 (T1) and consisted of rusty quartz vein material with minor fine-grained pyrite and traces of hematite.

At Trench Area 2 (T2), the host material was different, with both grey and white quartz veining present suggesting multi-stage, mineralizing events. The pyrite was coarser grained, sample CB5 with pyrite up to 1 x 0.5cm in size in addition to traces of chalcopyrite (?). The sulphides appear related to later stage, grey quartz event. Sample CB 7 had a local, sugary texture, contained 5 – 10% pyrite in addition to pyrite along a distinct horizon.

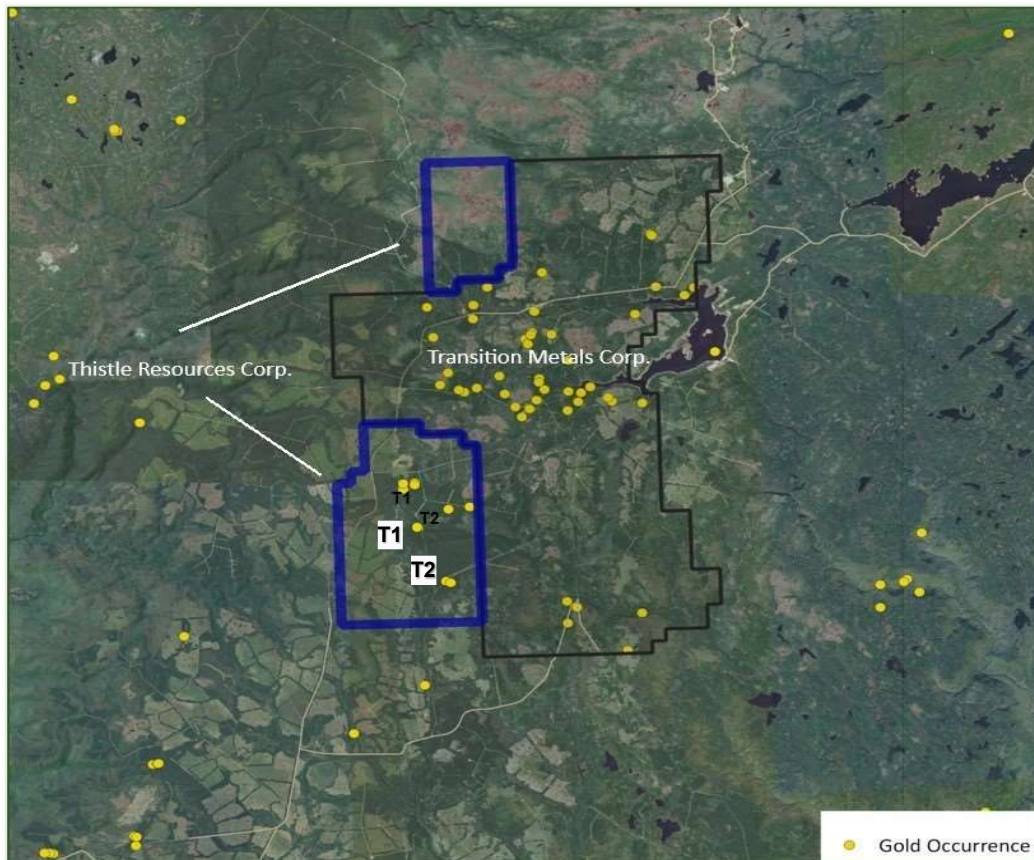


Figure 2: Location of historic trenches T1 and T2.

In addition to Gold (Au) & Silver (Ag), elevated tungsten was present in the area of trench 2. While the association within Thistle's property is currently unknown, Tungsten is often associated with large deep seated felsic intrusions which could suggest a larger mineralizing system at depth.



Figure 3: Hematized quartz vein with abundant pyrite and local chalcopyrite, trench area 2.



Figure 4: Sugary quartz vein material, trench area 2.

Matthew Pitts, P.Geo, SVP of Exploration, states *“the confirmation of high grade gold in the Trench 2 samples is significant because it occurs in an area where the geophysical signature closely mimics that of recently drilled mineralization on Transition’s property to the northeast. The fact that the gold grade in CB7 (6.827 g/t) is much higher than anything documented during the past trenching campaign (up to 1.032 g/t) highlights the previously unrecognized potential of the vein system, making it a high priority for future exploration.”*

Patrick J Cruickshank, MBA, President & CEO, states *“we are very pleased to continue to create shareholder value by developing significant resource opportunities and properties of high expectations. To add a second prospective quality Gold Project like “Celtic Highlands Gold” in Cape Breton to our original “Middle River Gold Projec”t in New Brunswick, is highly satisfying for our Team. We look forward to continue\ing to deliver positive news for our shareholders.”*

Mr. Gary Lohman, B.Sc., P. Geo. Thistle Resources Corp., COO and a qualified person under NI 43-101 has reviewed and approved the technical portion of this news release.

Thistle Resources Corp.(TRC) is a private Canadian Junior Exploration Company focused on Gold-VMS exploration opportunities in the famous Bathurst Mining Camp (BMC) in Bathurst, New Brunswick and Cape Breton, Nova Scotia, Canada

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