VANCOUVER, BC--(Marketwired - April 01, 2016) - Balmoral Resources Ltd. ("Balmoral" or the "Company") (TSX: BAR)(OTCQX: BALMF) announced today that it has now filed on SEDAR (www.sedar.com) a National Instrument 43-101 compliant technical report entitled "Technical Report and Mineral Resource Estimate for the Grasset Ni-Cu-PGE Deposit" in support of the maiden resource estimate for the Grasset Ni-Cu-Co-PGE Deposit released on March 7, 2016 (see NR16-04). The Technical Report was prepared on behalf of Balmoral by Mr. Pierre-Luc Richard (P.Geo) and Mr. Bruno Turcotte (P.Geo) both of InnovExplo Inc. of Val d'Or, Quebec. The Company's Annual Information Form ("AIF") and year-end financial statements have also been filed. The Technical Report and the financial statements are available on the Company's website at www.balmoralresources.com.

*About Balmoral Resources Ltd. -- www.balmoralresources.com*

Balmoral is a well-funded, Canadian-based company currently focused on the delineation of its high-grade gold discoveries, and on the further expansion of the Grasset nickel-copper-cobalt-PGE deposit on its wholly owned, 700 square kilometre Detour Trend Project in Quebec, Canada. Employing an award winning exploration team, Balmoral has a philosophy of creating value through the drill bit. By focusing our efforts in proven productive precious/base metal belts in one of the world's pre-eminent mining jurisdictions, Balmoral is following an established formula with a goal of maximizing shareholder value through discovery and definition of high-grade, Canadian gold and base metal assets.

On behalf of the board of directors of

BALMORAL RESOURCES LTD.

"*Darin Wagner*"

President and CEO

*This press release contains forward-looking statements and forward-looking information (collectively, "forward looking statements") within the meaning of applicable Canadian and United States securities laws. All statements, other than statements of historical fact, included herein, including statements regarding the ability of the Company to advance its assets, the ability of the Company to derive value from its assets and the future direction of the Company are forward-looking statements. Forward-looking statements are typically identified by words such as: believe, expect, anticipate, intend, estimate, postulate and similar expressions or are those which, by their nature, refer to future events. Although the Company believes that such statements are reasonable, there can be no assurance that such statements will prove to be accurate, and actual results and future events could differ materially from those anticipated in such statements. The Company cautions investors that any forward-looking statements by the Company are not guarantees of future performance, and that actual results may differ materially from those in forward-looking statements. Important factors that could cause actual events and results to differ materially from the Company's expectations include those related to weather, equipment and staff availability; performance of third parties; risks related to the exploration stage of the Company's projects; market fluctuations in prices for securities of exploration stage companies and in commodity prices; and uncertainties about the availability of additional financing; risks related to the Company's ability to identify one or more economic deposits on the properties, and variations in the nature, quality and quantity of any mineral deposits that may be located on the properties; risks related to the Company's ability to obtain any necessary permits, consents or authorizations required for its activities on the properties; and risks related to the Company's ability to produce minerals from the properties successfully or profitably . Trading in the securities of the Company should be considered highly speculative. All of the Company's public disclosure filings may be accessed via www.sedar.com and readers are urged to review these materials, including the latest technical reports filed with respect to the Company's mineral properties.*

*This press release is not, and is not to be construed in any way as, an offer to buy or sell securities in the United States.*

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