

BAIE VERTE, NL--(Marketwired - May 4, 2016) - Rambler Metals & Mining PLC (TSX VENTURE: RAB) (LSE: RMM)

TSX-V: RAB; LSE: RMM

4 May 2016

Rambler's Ming Mine Project Receives the John T Ryan Safety Award from the CIM

London, England & Baie Verte, Newfoundland and Labrador, Canada - Rambler Metals and Mining plc (TSXV: RAB, AIM: RMM) ('Rambler' or the 'Company'), a copper and gold producer operating in Newfoundland and Labrador, Canada, is pleased to announce that it is the proud recipient of the John T Ryan Award from the Canadian Institute of Mining, Metallurgy and Petroleum ('CIM'). The trophy is awarded by the CIM to the metalliferous mine that, in one or more complete calendar years, experienced the lowest reportable injury frequency per 500,000 hours worked in Canada.

Rambler reported no lost time accidents or medical aid injuries at the Ming Copper-Gold Mine Project for the 2015 calendar year. Since the last lost-time accident, recorded on 23 September 2011, Rambler employees have worked 1,673 person days without recording an incident. In addition, the operation has worked over 477 days since the last reported medical aid.

There have been approximately 1,881,705 person hours worked on the project since its inception in 2006, with only one lost-time injury in nine years of continuous operations.

Norman Williams, CPA CA, President and CEO, commented:

"We are very pleased to have received this distinction and award from the CIM. Health and Safety is a critical component to the success of any operation and, while sound safety programs are a must, it is only with the combined efforts of every individual that an achievement like this is possible."

"As a Company we take great pride in being showcased as one of the safest mines in Canada and on behalf myself, and the entire Board of Directors, we would like to thank our employees for their outstanding dedication. As we embark on the next phase of development, construction and expansion we intend to continue operating with the same high level of awareness and safety that has made this award possible."

Please click on the associated PDF document to view the full announcement:

http://www.rns-pdf.londonstockexchange.com/rns/1408X_1-2016-5-3.pdf

Contact

Contact:

RNS

Customer Services

0044-207797-4400

rns@londonstockexchange.com

<http://www.rns.com>