

Vancouver, B.C. / TheNewswire / August 23rd, 2016 - [Tower Resources Ltd.](#), (TSX.V: TWR) is pleased to announce the appointment of Mr. Stuart (Stu) Averill to the company's Board of Directors.

Mr. Averill is Chairman of Overburden Drilling Management Limited (ODM), a company that he founded in 1974 to develop and apply indicator mineral methods for mineral exploration. He has progressively advanced this novel technology and is now recognized as its pioneer and leading authority. Mr. Averill's specialty is early-stage exploration projects in frontier areas but he has also performed many detailed investigations, including demonstrating that Bre-X's drill core samples had been salted with placer gold grains. He has played a leading role in the discovery of several mineral deposits and new mineral districts in Canada including the very productive Casa Berardi and Rainy River gold districts. He is a former director of [Nuinsco Resources Ltd.](#) and was a director of [Rainy River Resources Ltd.](#) from 2005 until the company was acquired by [New Gold Inc.](#) in 2013 for \$310 million.

Mr. Averill holds a BSc. (Hons.) in geology from the University of Manitoba. He has published several influential papers on indicator minerals and was presented with the PDAC's Distinguished Service Award in 2003.

Mark Vanry, Director, President and CEO, comments, "On behalf of the board and our management team we are excited to welcome Mr. Averill to the board. Stu is a proven industry veteran with an excellent track record of innovation and discovery. We look forward to working with Stu as we continue to advance our key exploration assets."

About Tower Resources Ltd.

[Tower Resources Ltd.](#) (TWR.V) is a Vancouver based junior mineral exploration company focused on the discovery and advancement of economic mineral projects, primarily in British Columbia. The company's key exploration assets are Rabbit North, Nechako Gold and More Creek.

[Tower Resources Ltd.](#)

Mark Vanry - Director, CEO & President

(604) 558-2565

mvanry@towerresources.ca

www.towerresources.ca

Neither the TSX Venture Exchange nor the Investment Industry Regulatory Organization of Canada accepts responsibility for the adequacy or accuracy of this release.

Forward-Looking Statement Caution

This news release contains certain "forward-looking statements", as defined in the United States Private Securities Litigation Reform Act of 1995, and within the meaning of Canadian securities legislation. The Company cautions that forward-looking statements are based on the beliefs, estimates and opinions of the Company's management on the date the statements are made and they involve a number of risks and uncertainties. Consequently, there can be no assurances 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 undertakes no obligation to update these forward-looking statements if management's beliefs, estimates or opinions, or other factors, should change, except as required by law. There are numerous risks and uncertainties that could cause actual results and Tower's plans and objectives to differ materially from those expressed in the forward-looking information. The reader is urged to refer to the Company's public disclosure which is available through the Canadian Securities Administrators' System for Electronic Document Analysis and Retrieval (SEDAR) at www.sedar.com for a more complete discussion of such risk factors and their potential effects.

Copyright (c) 2016 TheNewswire - All rights reserved.