



TSX: BAR / OTCQX: BALMF
For Immediate Release

February 6, 2014
NR14-05

BALMORAL ANNOUNCES APPOINTMENT OF MR. DAN MacINNIS AS A DIRECTOR OF THE COMPANY

(Vancouver, February 6, 2014) Balmoral Resources Ltd. ("**Balmoral**" or the "**Company**") (TSX: BAR; OTCQX: BALMF) is pleased to announce that Mr. Dan MacInnis (P.Geo) has joined the Company as a member of the Board of Directors, effective February 5, 2014. Mr. MacInnis recently retired as the President and CEO of TSX-listed MAG Silver Corp. During his tenure at MAG, he directed the financing of over \$140 million dollars, and led one of the silver sector's most successful explorers through the discovery of the high-grade Juanicipio/Valdecana silver veins and the Upper Manto and Pegaso silver, lead and zinc mantos at Cinco de Mayo in Mexico. Mr. MacInnis has forty years' experience in mineral exploration worldwide. He has managed and directed multi-million dollar exploration programs for MAG Silver, Noranda Exploration, Battle Mountain Gold/Hemlo Gold, and Sargold Resources. Mr. MacInnis has extensive global experience in property acquisitions and joint venture, management and operation. A significant number of mineral discoveries have been made under his guidance, including gold and base metal deposits in the US, Canada and Mexico. Mr. MacInnis is a Registered Professional Geoscientist (P.Geo) and is a graduate of Saint Francis Xavier University with a BSc. in Geology. Mr. MacInnis has served as an advisor to the Company since its inception.

"We are very pleased that Dan has joined the Board of Balmoral," said Darin Wagner, President and CEO of Balmoral. "His extensive, successful exploration track record and impeccable character will further strengthen the Board and provide additional insight in our quest to continue to move our high-grade gold discoveries forward, enhance our exploration efforts and aid in maximizing the value of our assets for our shareholders."

About Balmoral Resources Ltd. – www.balmoralresources.com

Balmoral is a Canadian-based precious metal exploration and development company focused on the delineation and continued expansion of high-grade gold discoveries along the Detour Gold Trend in Quebec, Canada. With a philosophy of creating value through the drill bit and with a focus on proven productive precious metal belts, Balmoral is following an established formula with a goal of maximizing shareholder value through discovery and definition of high-grade, Canadian gold assets.

On behalf of the board of directors of
BALMORAL RESOURCES LTD.

"Darin Wagner"

President and CEO

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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 anticipated content, commencement, duration and cost of exploration programs, anticipated exploration program results, the discovery and delineation of mineral deposits/resources/reserves, the timing of the receipt of assay results, the Company's expectation that it can continue to enhance its exploration activities, move its discoveries forward and maximize the value of its assets, and business and financing plans and trends, 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.