

News Release: 01-2019

January 16, 2019

## **Canstar Resources Announces Appointment of Kerry Sparkes to Advisory Board and Provides Update on Phase I Drilling**

TORONTO, January 16, 2019-- CANSTAR RESOURCES INC. (TSXV: ROX) (OTCQB:CSRNF) ("Canstar" or "the Company") is pleased to announce the appointment of Kerry Sparkes, M.Sc., P. Geo, to the Company's Advisory Board.

Mr. Sparkes currently holds the role of Vice President-Geology for Franco-Nevada Corporation and was previously Vice President-Exploration at Rainy River Resources Ltd., Vice President-Exploration at Messina Minerals, Inc., Senior Geologist at Voisey's Bay Nickel Co. Ltd., Exploration Manager of Archean Resources Ltd., as well as President at Sparkes Consulting, Inc.

Mr. Sparkes currently sits on the Board of Directors of Sphinx Resources Ltd., and previously served on the board of Knight Metals Ltd., as well as Orla Mining Ltd.

Mr. Sparkes received his undergraduate and graduate degrees from the Memorial University of Newfoundland, and has been a Registered Professional Geologist with PEGNL for 27 years.

Christos Doulis, CEO of Canstar Resources, commented: "We are very excited to welcome Kerry to Canstar's Advisory Board. His deep geological knowledge and wealth of experience in Newfoundland and Labrador, and particularly in the Buchans Camp, will be extremely valuable as Canstar executes its plan to systematically explore for deposits in the prolific past producing Buchans Camp as well as its other projects in the province."

Kerry Sparkes commented: "I am very excited to return to such a historic belt where I started my career, and to use the experience gained over the years working within that camp and other VMS camps, to help aid in exploration efforts to discover new high-grade VMS deposits in the Buchans area."

### **Phase I Drilling at Buchans-Mary March Update**

Phase I Drilling at Canstar's Buchans-Mary March project commenced on Sunday January 6<sup>th</sup> and is anticipated to be complete by mid-February, 2019. The first hole (MM-19-36), a 650m deep hole designed to test for VMS mineralization under the historic "discovery" hole MM 294-7, has been drilled to a depth of around 461m, having just entered the felsic volcanic horizon which could host Volcanogenic Massive Sulphides. Completion of this hole is anticipated within days, after which Canstar will drill three +200m holes over a 1.2km length to the SW of MM-19-36 where there has been little historic drilling. Borehole EM surveys are planned for each drill hole which will locate conductive mineralization within 100 metres and aid in targeting for Phase II drilling which is anticipated to commence in March 2019.

On behalf of the Board,

Christos Doulis,  
President & CEO

### **Qualified Person**

Bob Patey, B.Sc. / P. Geo, Vice President Exploration and a Qualified Person as defined by National Instrument 43-101 - Standards of Disclosure for Mineral Projects, is responsible for the scientific and technical data presented herein and has reviewed and approved this release.

**About Canstar Resources**

Canstar Resources is a Canadian mineral exploration and development company, with the objective to discover and develop economic mineral deposits in North America. Currently, Canstar's focus is to advance its flagship Mary March project and other mineral exploration properties in Newfoundland and Labrador. Canstar is based in Toronto, Canada and is listed on the TSX Venture Exchange and trades under the symbol ROX-V, and on the OTCQB Exchange under the symbol CSRNF.

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**Forward-looking Statement**

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