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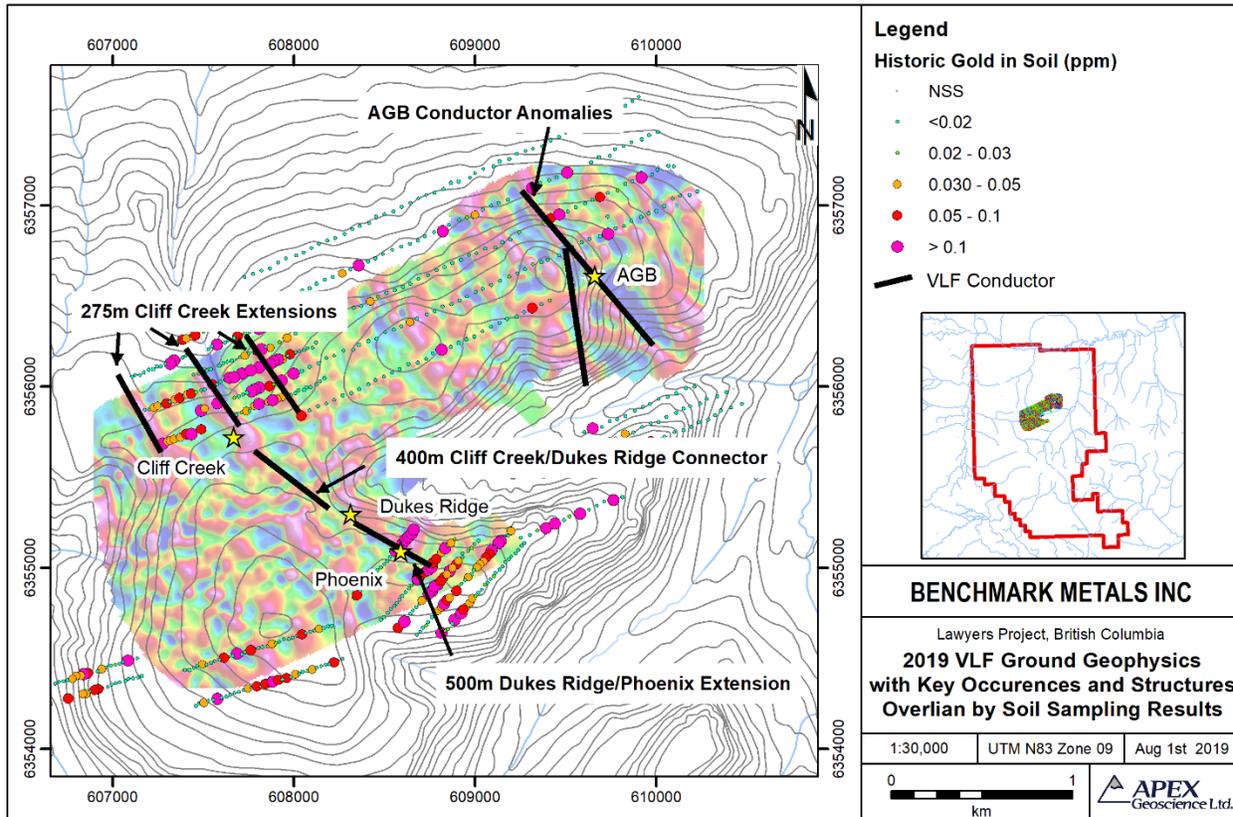
**BENCHMARK DRILLS MULTIPLE ZONES OF MINERALIZATION IN ALL 2019  
DRILL HOLES COMPLETED TO DATE AT THE LAWYERS GOLD-SILVER  
PROPERTY**

**Edmonton – August 2, 2019 – Benchmark Metals Inc.** (the "Company" or "Benchmark") (TSX-V: BNCH) (OTCQB: CYRTF) (WKN: A2JM2X) – is pleased to report the results of a successful ground geophysical program indicating a number of new target geophysical signatures and the potential for expansion of existing target zones along the highly prospective regional-scale (+)20 km Lawyers Trend situated in the Stikine Terrane of northern British Columbia, Canada, within the prolific, mineral-endowed 'Golden Horseshoe'.

John Williamson, CEO commented, "Benchmark has outlined several new geophysical signatures with early indications of gold and silver mineralization. The results of geophysical testing have significantly expanded the mineralized potential along strike and have provided a better understanding of the complex geological and controlling structures along the Lawyers Trend, which will enable better drill targeting in 2019 and beyond."

A detailed ground magnetic/Very Low Frequency ("VLF") ground geophysics program was completed during July over the Lawyers Trend and the subparallel AGB zone. The high definition ground magnetics and VLF have provided anomalous geophysical signatures for drill targeting new zones and expansion of the Cliff Creek, Dukes Ridge and Phoenix zones.

Figure #1 - 2019 VLF Ground Geophysics with Key Occurrences and Structures Overlain by Soil Sampling Results



**Ground magnetics** have highlighted the known **Cliff Creek** structure (and potential extensions to the north and south), which seems to control the spatial distribution of mineralization for Cliff Creek. The structure associated with mineralization at **Dukes Ridge and Phoenix** was also detected, and it can be seen coalescing with the Cliff Creek structure proximal to the Cliff Creek North resource. This magnetic anomaly between Dukes Ridge and Cliff Creek North represents 400 metres of untested geology that is highly prospective and will remain a focus of the 2019 exploration program. In addition, a second structure paralleling the arcuate Dukes Ridge structure to the southwest was noted in an area with little historical exploration. Ground magnetics have also refined the definition of structural elements at the past-producing **Cheni Gold Mine (AGB)** with current features appearing consistent with the historical production accounts. These results clearly show the prospectivity and importance of the structural controls of the Lawyers Trend.



VLF ground geophysical data collected along with the ground magnetics reveal conductivity anomalies markedly coincident with the magnetic anomalies discussed above. The **Dukes Ridge** structure shows a strong VLF signature underlying the known resource area that continues to the southeast underlying a soil anomaly established from the 2018 soil sampling work. The **Cliff Creek North** resource area is also underlain by a series of strong, parallel VLF anomalies coincident with gold and silver soil anomalism, which continue to the north for at least 275 metres into a region with no drill testing. VLF anomalies are also evident at **AGB** which appear to coincide with areas of past production. Soil sampling in 2019 has been extended to ensure full coverage of these geophysical anomalies with the intent to drill test them this year, which will assist with interpretation of the geophysical signatures and further drill targeting.

The technical content of this news release has been reviewed and approved by Michael Dufresne, P.Geol., P.Geo., a qualified person as defined by National Instrument 43-101.

#### **About Benchmark Metals Inc.**

Benchmark is a Canadian mineral exploration company with its common shares listed for trading on the TSX Venture Exchange in Canada, the OTCQB Venture Market in the United States, and the Tradedgate Exchange in Europe. Benchmark is managed by proven resource sector professionals, who have a track record of advancing exploration projects from grassroots scenarios through to production.

ON BEHALF OF THE BOARD OF DIRECTORS

*s/ "John Williamson"*

**John Williamson**, Chief Executive Officer

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