



FOR IMMEDIATE RELEASE

March 10, 2014

BCM Resources Corporation Issues Shares for Debt

Vancouver, BC - BCM Resources Corporation (TSX-V: B), the "Company" announces that following receipt of TSX Venture Exchange approval, it has completed the shares for debt transaction announced in its February 25, 2014, news release. The Company has issued 550,000 common shares at a deemed price of \$0.05 per common share, in settlement of indebtedness to certain arms-length service providers in the amount of \$27,500.

The common shares issued under the shares for debt transaction are subject to a four month hold period that expires on July 11, 2014.

About BCM Resources Corporation

BCM Resources Corp. is a Vancouver-based mineral exploration company, dedicated to advancing its Shan South molybdenum discovery. The Company is also the holder of a significant land package of 100% owned mineral claims comprising another five properties near Terrace, B.C. All of these are considered to be highly prospective for molybdenum and other base & precious metals.

On Behalf of the Board of Directors:

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Neither TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.