



Benchmark Metals Inc.
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BENCHMARK SAMPLES 31.8g/t GOLD AND 1,590g/t SILVER IN THE GOLDEN TRIANGLE

Edmonton – September 4, 2018 – Benchmark Metals Inc. (the “Company” or “Benchmark”) (BNCH: TSX-V) (CYRTD: OTCQB) (A2JM2X: GER) (A7CA: FKT) – is pleased to announce a new, large mineralized surface showing with high-grade rock sample results at the Lawyers Gold & Silver Project, located in the Golden Triangle region of British Columbia, Canada.

CEO John Williamson commented, “The Marmot Zone has provided over 1oz gold and over 50oz silver at surface and has the potential to develop into a new target. The extent of the Marmot occurrence shows anomalous results across a 500 meter by 300 meter area. The initial batch of results provides compelling geological support for new zones and expansion of existing zones that remain open at strike, width and depth. We await soil geochemistry results and additional rock sample results before the start to drilling.”

Lawyers Rock Sample Results

Initial geochemical results have been received from outcrop and subcrop rock samples from the Lawyers Property and formerly producing Cheni Gold and Silver Mine. The Project is located 45 km northwest of the Kemess Gold and Copper Mine. Selected high-grade results from rock grab samples include:

- 31.8 g/t gold and 1,590 g/t silver (Marmot occurrence);
- 5.86 g/t gold and 716 g/t silver (Marmot occurrence);
- 6.26 g/t gold and 472 g/t silver (Marmot occurrence); and
- 4.97 g/t gold and 872 g/t silver (Marmot occurrence).

Figure 1 illustrates the location of selected high-grade rock grab results. Benchmark continues exploration efforts and anticipates receiving and reporting on additional gold and silver results from rock and soil samples taken across the Lawyers Project area.

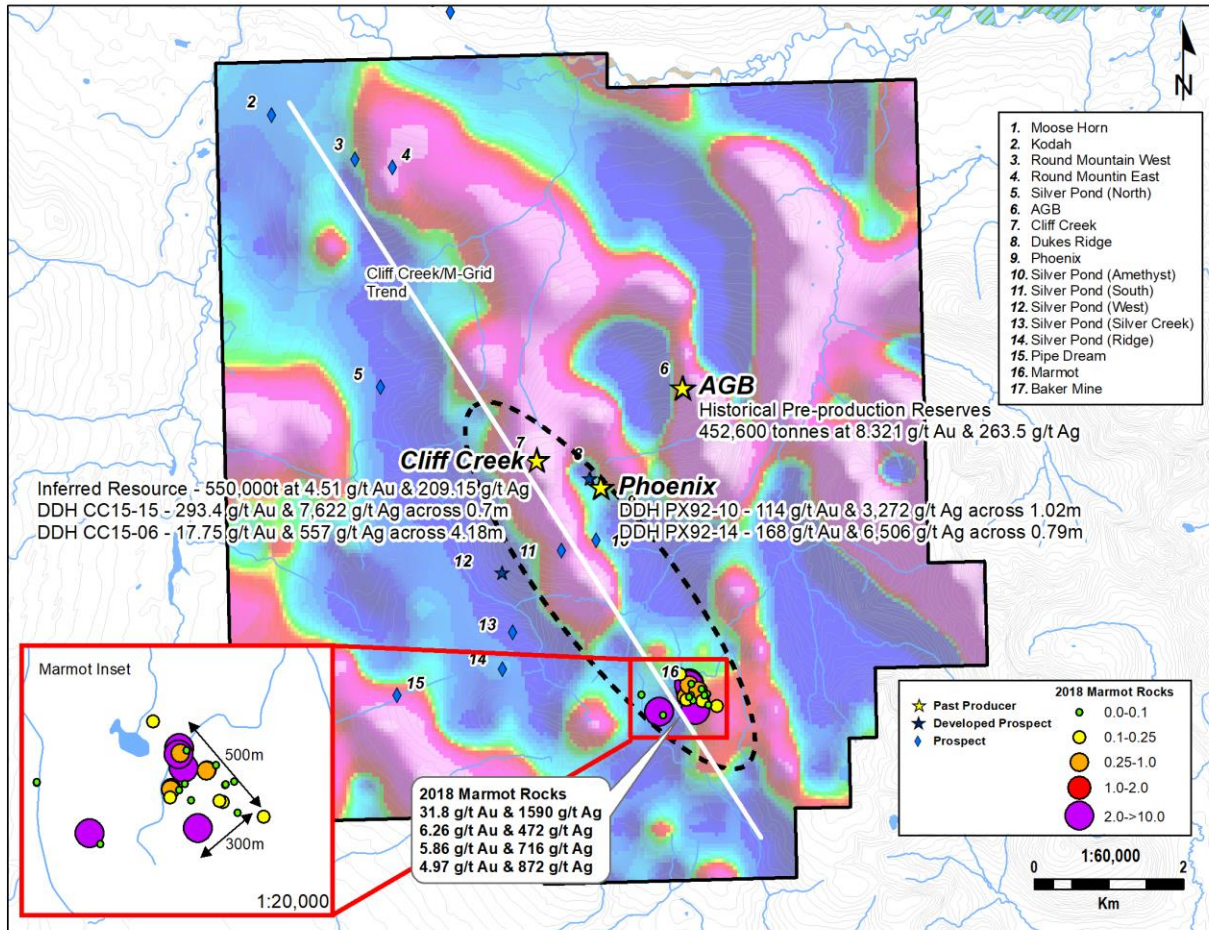


Figure 1 – Anomalous Gold & Silver over Magnetics

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

Quality Assurance and Control

Results from 125 samples was analyzed at ALS Global Laboratories (Geochemistry Division) in Vancouver, Canada (an ISO 9001:2008 accredited facility). The sampling program was undertaken by Company personnel under the direction of Rob L'Heureux, P.Geol. A secure chain of custody is maintained in transporting and storing of all samples. Gold was assayed using a fire assay with atomic emission spectrometry and gravimetric finish when required (+10g/t Au). Analysis by four acid digestion with 48 element ICP-MS analysis was conducted on all samples with silver and base metal overlimits re-analyzed by atomic absorption or emission



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spectrometry. Rock chip samples from outcrop/bedrock are selective by nature and they may not be representative of the mineralization hosted on the project.

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 Frankfurt Stock Exchange in Germany. 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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