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BENCHMARK DEFINES SIX DISCRETE ZONES WITH POTENTIAL FOR MINERAL RESOURCES WITH HIGH GRADE AND BULK TONNAGE INTERCEPTS

Edmonton – October 14, 2019 – Benchmark Metals Inc. (the "Company" or "Benchmark") (TSX-V: BNCH) (OTCQB: CYRTF) (WKN: A2JM2X) – Benchmark is pleased to announce the successful completion of its 2019 exploration program at the Lawyers property. The program included 47 diamond drill holes totaling 10,766.79 metres, defining six discrete mineralized zones that will be the focus of resource definition and expansion drilling in 2020 (Figure 1). In addition, the collection of 1,406 soil samples, 215 rock trench samples, 42 rock channel samples, 299 rock grab samples, detailed geological mapping, and ground geophysics have developed two zones to drill ready targets and six additional early stage exploration targets for more comprehensive field programs in 2020. Benchmark anticipates the release of drill results from October through January 2020. The Lawyers Project is situated in the Stikine Terrane of northern British Columbia, Canada, and falls within the prolific, mineral-endowed ‘Golden Horseshoe’.

John Williamson, Chairman and CEO commented, “The 2019 program successfully extended gold-silver mineralization in all directions within six different zones across a 3km radius in the heart of the Lawyers Trend. Each zone shows significant potential to develop a mineral resource that includes high-grade and bulk-tonnage intersections that begin at surface. Our geologists have also defined new discovery zones across the 127 km² package that will be drill tested in 2020.”

Table 1 documents the drilling completed at each of the six zones, including the quick-log intercepts for the most intense alteration, veining, and observed mineralization in each drill hole. To date, there has been a good correlation between these initial visual results and the assay results the Company has received, interpreted, and released. Examples of this include the first drill hole from each mineralized zone that was expedited at the lab and released as they became available:

- **Cliff Creek Zone** – 19CCDD001 intersected ([press release Aug 16, 2019](#)):
 - 2.19 g/t gold and 85.36 g/t silver over 26.75 metres*
 - Incl. 11.73 g/t gold and 476.00 g/t silver over 4.40 metres*
- **AGB Zone** – 19AGBDD001 intersected ([press release Sept 20, 2019](#)):
 - 2.79 g/t gold and 177.00 g/t silver over 25.00 metres*
 - Incl. 5.37 g/t gold and 214.00 g/t silver over 7.00 metres*
 - Incl. 10.02 g/t gold and 654.00 g/t silver over 2.1 metres*
- **Phoenix Zone** – 19PXDD001 intersected ([press release Oct 7, 2019](#)):
 - 46.90 g/t gold and 3,055.6 g/t silver over 2.87 metres*
 - Incl. 132.50 g/t gold and 8,560.0 g/t silver over 0.9 metres*

*All intervals are core-length. True width is estimated to be 80-90% of core length.

Of the 47 drilled holes, 45 contained alteration, veining, and mineralization the results of which will be disseminated as they are received from the laboratory and interpreted.

In addition to the outstanding drill results from this year's program, 1,406 soil samples, 215 rock trench samples, 42 rock channel samples, 299 bedrock grab samples, detailed geological mapping, and ground geophysics were completed over other targets within the historically underexplored 127 km² property. Initial results from this data have defined new zones of mineralization, elevated two zones to drill-ready status, and furthered our understanding of six other zones, which will receive expanded work programs during the 2020 field season.

Table 1: Complete list of 2019 drill holes with intervals of significant alteration, veining and visual mineralization including visible gold (VG) and native silver (Ag) indicated.

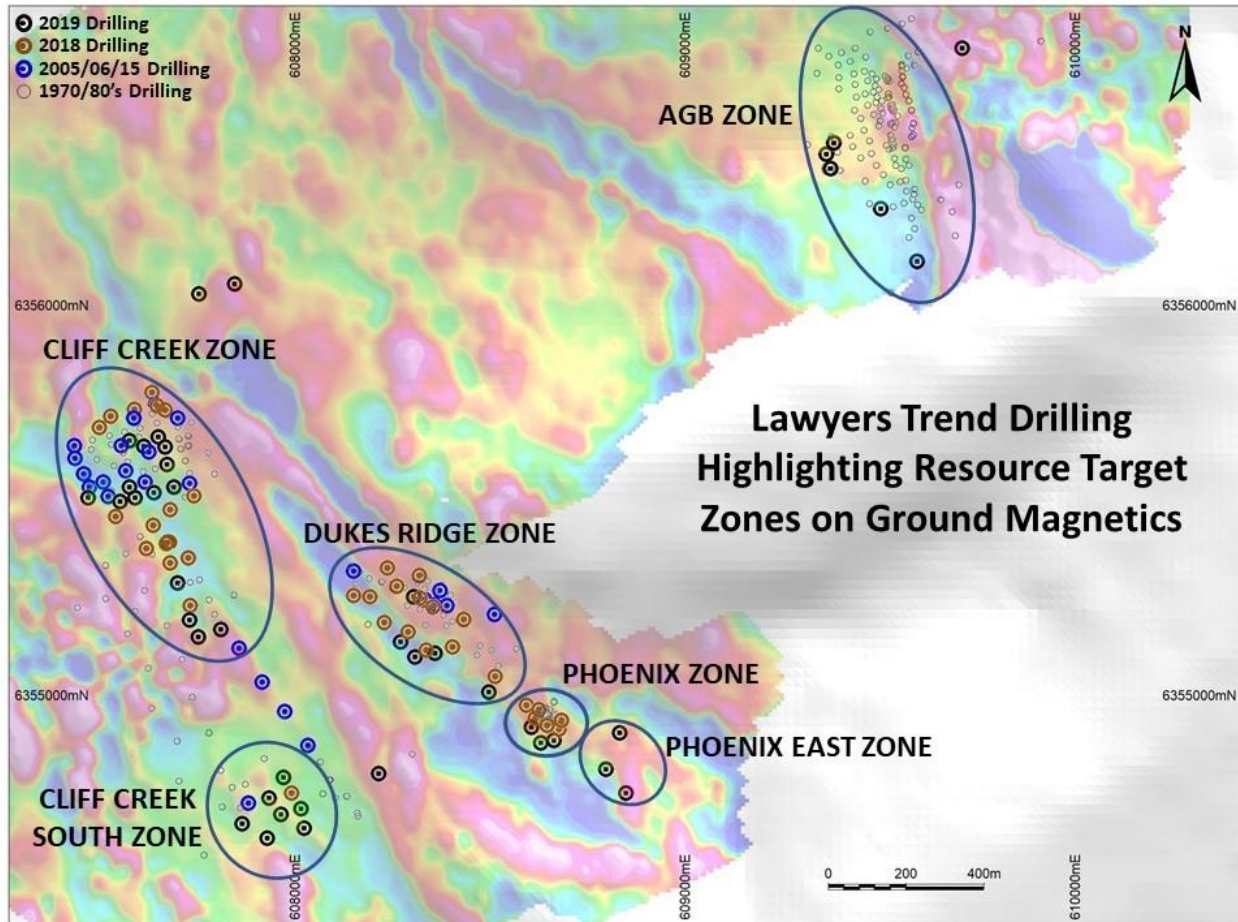
Drillhole ID	Zone	Total Depth (m)	Alt-Min* Vein Intersections (m)**
19AGBDD001	AGB	267.61	210-237
19AGBDD002	AGB	215.80	50-142
19AGBDD003	AGB	398.38	140-150
19AGBDD004	AGB	316.39	206-263
19AGBDD005	AGB	346.86	238-249, 275-300
19AGBDD006	AGB	316.67	212-218 (with VG/electrum/Ag); 236-289 (with visible Ag from 244-254m)
19AGBDD007	AGB	276.76	161-171, 221-240; VG at 231m
19AGBDD008	AGB	325.53	177-197, 249-253
19AGBDD009	AGB	139.00	2-80
19AGBDD010	AGB	146.00	Minor veining and alteration
19CCDD001	Cliff Creek	248.44	140 -155
19CCDD002	Cliff Creek	214.88	40-42, 81-104, 127-130, 159-173
19CCDD003	Cliff Creek	249.02	59-67, 150-210
19CCDD004	Cliff Creek	184.40	30-73, 82-122
19CCDD005	Cliff Creek	322.17	115-128, 132-157, 230-259
19CCDD006	Cliff Creek	172.82	30-70, 75-77, 90-93, 109-125,
19CCDD007	Cliff Creek	209.39	106-134, 157-164
19CCDD008	Cliff Creek South	151.18	none
19CCDD009	Cliff Creek South	289.50	140-241
19CCDD010	Cliff Creek South	354.67	307-330
19CCDD011	Cliff Creek South	288.33	169-235
19CCDD012	Cliff Creek South	245.67	106-177
19CCDD013	Cliff Creek South	263.96	154-202

19CCDD014	Cliff Creek South	334.04	244-294
19CCDD015	Cliff Creek South	224.33	95-204
19CCDD016	Cliff Creek	239.27	72-213
19CCDD017	Cliff Creek	260.60	91-140, 152-155
19CCDD018	Cliff Creek	201.17	35-106,130-169
19CCDD019	Cliff Creek	192.01	40-51, 89-122, 170-175
19CCDD020	Cliff Creek	254.81	4-10, 130-140
19CCDD021	Cliff Creek	178.30	4-20, 81-95
19CCDD022	Cliff Creek	205.74	17-52, 186-189
19CCDD023	Cliff Creek	133.20	20-48
19CCDD024	Cliff Creek Exploration	181.00	Minor veining and alteration
19CCDD025	Cliff Creek	172.52	9-54, 73-104, 139-150
19CCDD026	Cliff Creek Exploration	180.00	none
19DRDD001	Dukes Ridge	185.01	66-78, 130-148
19DRDD002	Dukes Ridge	248.72	155-193, 212-230
19DRDD003	Dukes Ridge	230.48	VG at 98-100m, 165-206
19DRDD004	Dukes Ridge	221.29	85-99, 121-131
19DRDD005	Dukes Ridge	212.14	41-75
19PXDD001	Phoenix	187.76	130-131 (phoenix vein), 163-165
19PXDD002	Phoenix	123.74	83.8-85.3
19PXDD003	Phoenix	157.28	106.5-108
19PXDD004	Phoenix East	153.92	Minor veining and alteration
19PXDD005	Phoenix East	160.32	Minor veining and alteration
19PXDD006	Phoenix East	185.71	Minor veining and alteration

* Alt-Min = thickness of alteration and significant visual minerals

**All intervals are core-length. True width is estimated to be 80-90% of core length

Figure #1: Map of six discrete zones within the Lawyers Trend that will be the focus of resource definition and expansion in 2020.



Quality Assurance and Control

Results from samples were 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 (+10 g/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 spectrometry. Rock chip samples from outcrop/bedrock are selective by nature and they may not be representative of the mineralization hosted on the project.

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 Tradegate 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"

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