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ROCKLAND RESOURCES REGAINS WAPISTAN PROJECT, JAMES BAY, QUEBEC

Vancouver, British Columbia, October 4th, 2024, Rockland Resources Ltd. (the "Company" or "Rockland") (**CSE: RKL**) announces that the Wapistan project in the James Bay region of Quebec optioned to Recharge ("Recharge") Metals Ltd. based in Perth, Australia (see PR dated June 14, 2023) for lithium potential has been returned to the Company. Recharge cited a weak lithium market as the principal reason for not fulfilling the option on the Wapistan property. Recharge's exploration activities on the Wapistan project were principally focused on lithium targets, but the previous owners, Northern Superior Resources Ltd. ("Northern Superior") in a PR (dated April 5th, 2022), stated:

"The Wapistan property has the potential to host one or more of the following Archean mineralization styles:

- Orogenic gold mineralization (gold-silver plus or minus copper);
- Ortho-magmatic base metal mineralization (nickel-copper-cobalt-PGE (platinum group elements));
- Iron-oxide-copper-gold (IOCG) mineralization (Fe-Cu plus or minus uranium);
- Copper porphyry mineralization (gold-silver-copper-zinc);
- Banded iron formations."

The Wapistan Project is a large land package comprised of 219 claims (10,722 hectares) over two claim blocks (Wapistan East and West). The property is accessed by all-season roads, hydro and has two nearby communities offering exploration and mining services.

The Wapistan East Property is underlain by approximately 20 kilometres of a major structure developed in an Archean-aged volcanic-sedimentary package (the Yasinski Group greenstone belt). Whereas the Wapistan West property is underlain by approximately 11 kilometres of the Yasinski Group rocks. Northern Superior (Press Release dated May 16, 2017) indicated:

"...These volcanic-sedimentary rocks within the Wapistan property host multiple gold and other precious metal occurrences (see attached table) in rocks similar to those associated with the Roberto deposit (now the Eleonore Mine (owned by Newmont Corporation) and the Eau Claire gold deposit (Fury Gold Mines.), also located within this emerging mineral exploration and mining region."



REPORTED MINERAL OCCURRENCES ON THE WAPISTAN PROPERTY FROM NORTHERN SUPERIOR PR

Showing Name	Assay Values	Sample Type	Source	Publication Number
Three gold- Zone A	15.8 ppm Ag, 450 ppb Au	Grab	Sigeom	GM 57565
	2.5 g/t Ag	Grab	Sigeom	GM 57565
	15.4 g/t Ag, 1.42 g/t Au/ 1m	Channel	Sigeom	GM 63775
Lac Wapistan- Ouest	>1 g/t Au	Grab	Sigeom	GM 49933
	1.4 g/t Au	Grab	Sigeom	GM 50181
Lac Wapistan	1,8% Cu, 0.31 g/t Au	Grab	Sigeom	GM 49086
Poplar	1850 ppm Cu, 752 ppm Ni, 5.6 g/t Ag	Grab	Sigeom	GM 57920
	5.2 g/t Ag / 0.3m	Chip	Sigeom	GM 57920
	4.9 g/t Ag/0.6m incl. 5.5 g/t Ag/0.3m	Chip	Sigeom	GM 57920
	5.2 g/t Ag/ 1.5m incl. 7 g/t Ag/0.3m	Chip	Sigeom	GM 57920
	600ppm Cu, 500ppm Pb, 230 ppm Zn, 316ppm Ni, 7.2 g/t Ag	Grab	Sigeom	GM 57920
	720ppm Cu, 600ppm Pb, 269ppm Zn, 760ppm Ni, 6.6 g/t Ag	Grab	Sigeom	GM 57920
Know Bull	8260 ppm Cu	Grab	Sigeom	GM 59618 GM 59625
Anomalie 3-40	5.87% Zn, 0.55% Pb, 21.26 g/t Ag,			
		Channel	Sigeom	GM 10200
	1.03 g/t Au / 0.61m			
Lac Shabudowan	7.19% Cu, 15.4 g/t Ag / 3.05m	Chip	Sigeom	GM 10200
Lac Atikamakuch- 571	1.5 g/t Au	Grab	Sigeom	GM 55997
Lac Atikamakuch- 588	2.3 g/t Au	Grab	Sigeom	GM 55997
	350 ppb Au/ 1.4 m	Channel	Sigeom	GM 55998
	2382 ppb Au (5kg of fragments)	Grab	Sigeom	GM 55998
	500 ppb Au / 2m	Drilling	Sigeom	GM 55998
Anomalie 4-26	8.23 g/t Ag	Grab	Sigeom	GM 10200
Lac Atsynia	21.94 g/t Ag	Grab	Sigeom	GM 10200

(Source Northern Superior Press Release, May 16, 2017)



Qualified Person

The technical information contained in this news release has been prepared and reviewed by François Gagnon, P. Geo. Principal Geologist of Dahrouge Geological Consulting Ltd., who is a registered P.Geo in Quebec, Canada.

The analytical results discussed in this document are historical. A Qualified Person has not performed sufficient work or data verification to validate these results in accordance with NI 43-101. Although the historical results may not be reliable, Rockland Resources Ltd. nevertheless believes that they provide an indication of the property's potential and are relevant for any future exploration program.

About Rockland Resources Ltd.

Rockland Resources is engaged in the business of mineral exploration and the acquisition of mineral property assets for the benefit of its shareholders.

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Neither the Canadian Stock Exchange nor its Regulation Services Provider accepts responsibility for the adequacy or accuracy of this release.

FORWARD-LOOKING STATEMENTS: This news release contains forward-looking statements, which relate to future events or future performance and reflect management's current expectations and assumptions. Such forward-looking statements reflect management's current beliefs and are based on assumptions made by and information currently available to the Company. Investors are cautioned that these forward-looking statements are neither promises nor guarantees and are subject to risks and uncertainties that may cause future results to differ materially from those expected. These forward-looking statements are made as of the date hereof and, except as required under applicable securities legislation, the Company does not assume any obligation to update or revise them to reflect new events or circumstances. All of the forward-looking statements made in this press release are qualified by these cautionary statements and by those made in our filings with SEDAR in Canada (available at WWW.SEDAR.COM).