STRONGBOW exploration inc.
Suite 580 – 625 Howe Street, Vancouver, BC, Canada, V6C 2T6
Tel: 604 638 8005 Fax: 604 638 8011

News Release

Strongbow files Technical Report and Resource Estimate for the South Crofty Tin Project on SEDAR

June 1, 2016 Trading Symbol: TSX-V: SBW #16-06

Strongbow Exploration Inc. (TSX-V: SBW) is pleased to announce that it has filed a technical report pursuant to National Instrument 43-101 – *Standards for Disclosure for Mineral Projects* ("NI 43-101") for the South Crofty Tin Project, Cornwall, United Kingdom under Strongbow's profile on Sedar (www.sedar.com). The Company's news release dated April 19, 2016 summarizes the mineral resource estimate.

The technical report, titled "Technical Report and Mineral Resource Estimate on the South Crofty Tin Project, Cornwall, United Kingdom" (the "Technical Report") was prepared by P & E Mining Consultants Inc. of Brampton, Ontario for Strongbow and was co-authored by Eugene Puritch, P.Eng., Richard Routledge, P.Geo., Jarita Barry, P.Geo., David Burga, P.Geo., Alfred Hayden, P.Eng., and Yungang Wu, P.Geo. All of the co-authors of the Technical Report are independent of Strongbow, meet the definition of a "Qualified Person" under NI 43-101 and have consented to the disclosure in Strongbow's April 19, 2016 news release which describes the mineral resource estimate for the South Crofty Tin Project.

Strongbow's proposed acquisition of the South Crofty Tin Project is described in a March 17, 2016 news release. The proposed acquisition is subject to a number of conditions, including Galena Special Situations Fund having provided an unconditional and absolute discharge and release of its security, each of Western United Mines Ltd. (in Administration) and Cornish Minerals Limited (Bermuda) (collectively, "the Companies") having exited Administration and final approval of the TSX Venture Exchange.

ON BEHALF OF THE BOARD OF DIRECTORS

"Richard D. Williams"
Richard D. Williams, P.Geo

For additional information please contact Richard Williams at (604) 638-8005 or by e-mail at rwilliams@strongbowexploration.com.

Neither the 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.

This news release contains "forward-looking statements" including but not limited to statements with respect to Strongbow's plans to acquire the South Crofty tin project, Strongbow's ability to reach agreement for the settlement of secured and unsecured creditor claims which are a condition to the Companies exiting administration, Strongbow's ability to obtain final approval from the TSX Venture Exchange for the South Crofty project acquisition and the estimation of a mineral resource for the South Crofty tin project.

Forward-looking statements, while based on management's best estimates and assumptions, are subject to risks and uncertainties that may cause actual results to be materially different from those expressed or implied by such forward-looking statements, including but not limited to: risks related to receipt of regulatory approvals, the successful integration of acquisitions; risks related to general economic and market conditions; risks related to the availability of financing; the timing and content of upcoming work programs; actual results of proposed exploration activities; possible variations in mineral resources or grade; failure of plant, equipment or processes to operate as anticipated; accidents, labour disputes, title disputes, claims and limitations on insurance coverage and other risks of the mining industry; changes in national and local government regulation of mining operations, tax rules and regulations.

Although Strongbow has attempted to identify important factors that could cause actual results to differ materially from those contained in forward-looking statements, there may be other factors that cause results not to be as anticipated, estimated or intended. There can be no assurance that such statements will prove to be accurate, as actual results and future events could differ materially from those anticipated in such statements. Accordingly, readers should not place undue reliance on forward-looking statements. Strongbow undertakes no obligation or responsibility to update forward-looking statements, except as required by law.