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

News Release

STRONGBOW STRENGTHENS BOARD AND MANAGEMENT WITH NEW APPOINTMENTS

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Strongbow Exploration Inc. (TSX-V: SBW) is pleased to provide the following corporate update:

Patrick Anderson to Stand for Election to the Board of Directors

Strongbow is pleased to announce that Mr. Patrick Anderson will stand for election to the Board of Directors at our Annual General and Special Meeting, scheduled for Thursday September 22, 2016. Mr. Anderson is currently President, CEO and a Director of Dalradian Resources, which is conducting a feasibility study on the Curraghinalt Gold Project in Northern Ireland, and he also sits on the board of Osisko Mining Inc. Prior to Dalradian, Mr. Anderson was a director, President and CEO of Aurelian Resources Inc., which discovered a 13.7 million ounce gold deposit in 2006 and was acquired by Kinross Gold in 2008. He was named Mining Man of the Year by The Northern Miner in 2009 and received the PDAC's Thayer Lindsley award for an international mineral discovery in 2008.

Mr. Anderson's experience in developing the Curraghinalt gold deposit and listing Dalradian on the AIM exchange in London, as well as his extensive network in the mining finance world, is expected to be particularly beneficial to the Company, following its recent acquisition of the South Crofty tin project in Cornwall, UK.

Owen Mihalop Appointed to Chief Operating Officer Position

We are pleased to announce that Mr. Owen Mihalop, MIMMM, C.Eng., has been appointed to the newly created role of Chief Operating Officer for our UK subsidiaries: Strongbow Exploration (UK) Limited and Western United Mines Limited. Mr. Mihalop has 20 years' experience in the mining industry, ranging from grass-roots geological exploration through to production mining. He started his career as an exploration geologist and then gained experience in mining engineering and production in both open pit and underground mines, following which he became a mining consultant specialising in feasibility studies, project management and project evaluation, gaining solid experience of the mining industry as a whole. In recent years he has concentrated on project development, advancing projects in Europe and Africa towards production. Mr. Mihalop's primary responsibilities will include oversight of development work at the recently acquired South Crofty tin project in Cornwall, as well as management of other opportunities for Strongbow in the UK.

Blytheweigh Retained to Provide Media and Public Relations Services in the UK

The Company has retained Blytheweigh, a London (UK) based media relations company to provide advice and guidance in communicating with all stakeholders related to the South Crofty tin project. Blytheweigh has been engaged for an indefinite term, however the agreement between Blytheweigh and Strongbow may be cancelled by either party at any time upon three months' written notice. Initially, Blytheweigh will be paid a

variable monthly fee of up to £3,000 depending on level of activities and will be reimbursed for expenses incurred in the performance of their duties. In the event that Strongbow pursues a listing on the AIM exchange in London, the monthly retainer will increase. Blytheweigh is at arm's length from Strongbow and does not have any direct or indirect interest in Strongbow or its securities, nor does Blytheweigh have a right to acquire any such interest. No incentive stock options have been granted to Blytheweigh. Information on Blytheweigh can be found at http://www.blytheweigh.com/

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

Blytheweigh (Financial PR/IR – London)
Camilla Horsfall +44 (0) 207 138 3204
Megan Ray

ON BEHALF OF THE BOARD OF DIRECTORS

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

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