



TSX-V: CTM

NEWS RELEASE

August 14, 2014

Canterra Minerals Provides Corporate Update

Vancouver, BC – Canterra Minerals Corporation (CTM-TSX.V) ("Canterra" or the "Company") is pleased to welcome Mr. Bruce Kienlen as Senior Geologist, and Dr. Tom McCandless as Technical Advisor to the Company.

Mr. Kienlen formerly served as project geologist for BHP Billiton's Diamond Group before his appointment as VP Exploration for Diamonds North Resources Ltd. Mr. Kienlen has more than 20 years exploration experience generating, managing and assessing projects with technical expertise in geochemical evaluation.

Dr. Tom McCandless is the former Chief Mineralogist with both Stornoway Diamonds and Ashton Mining of Canada and has over 30 years of experience in exploration and early stage development of mineral properties.

After several years of service, Mr. Walter Melnyk, has recently retired as Vice President, Exploration for the Company, but will remain as an advisor.

Mr. Randy Turner, President & CEO states, "Both Bruce and Tom are great additions to the technical team and their diamond experience will help drive the success of our exploration efforts. We would also like to thank Mr. Melnyk for his contributions to our exploration success to date and wish him well in the future."

In addition the Company announces the granting of incentive stock options to certain directors, officers and employees to purchase up to 700,000 common shares under the Company's Incentive Stock Option Plan. The options will be granted for a period of five (5) years, commencing on August 14, 2014 exercisable at a price of \$0.15 per share.

CANTERRA MINERALS CORPORATION

"Randy Turner"

Randy Turner, President & CEO

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