



GOLIATH GRANTS STOCK OPTIONS

Toronto, Ontario – August 18, 2019 – Goliath Resources Ltd. (TSX-V: GOT) (FSE: B4IE) (OTCQB: GOTRF) (the “Company or “Goliath”) wishes to announce that it has granted stock options for a total of 630,000 common shares of the Company to arms length consultants of the Company. These stock options are exercisable at CDN \$0.10 each, which was the closing price on August 16, 2019, and will all expire on August 17, 2024. All stock options are governed by the terms and conditions of the Company's stock option plan.

For more information please contact:

Goliath Resources Limited

Mr. Roger Rosmus

President and Chief Executive Officer

Tel: +1-416-488-2887 x222

roger@goliathresources.com

www.goliathresourcesltd.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.