



Telson Resources Inc.
(TSX.V: TSN, OTCBB: SOHFF)
Shares Issued: 80,518,245

TELSON RESOURCES INC. ANNOUNCES GRANT OF INCENTIVE STOCK OPTIONS

VANCOUVER, BRITISH COLUMBIA, March 22, 2016 – Telson Resources Inc. (TSX Venture - **TSN**) (“**Telson**” or the “**Company**”) announces that pursuant to its Stock Option Plan, it has granted options to certain directors, officers, employees and consultants, of up to an aggregate 6,600,000 shares in the capital stock of the Company. The options are exercisable on or before March 22, 2021 at a price of \$0.13 per share.

About Telson Resources Inc.

Telson Resources Inc. is an exploration and development company strategically focused on gold, silver and base metals in the prolific Sierra Madre Belt of Mexico. The Company holds 99% of the outstanding shares of its Mexican subsidiary company that maintains 100% ownership in 7,492 hectare Tahuehueto Property, an advanced stage gold and base metal exploration and development project.

Qualified Persons

This press release was prepared under the supervision and review of Ralph Shearing, President and Director of Telson Resources Inc., a Professional Geologist registered in Alberta as a member of the professional organization APEGA, and a Qualified Person as defined by NI 43-101.

ON BEHALF OF THE BOARD OF DIRECTORS

(signed) “*Ralph Shearing*”

Ralph Shearing, President

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release

WARNING: The Company relies upon litigation protection for “forward-looking” statements. This News Release may contain forward-looking statements including but not limited to comments regarding the timing and content of up-coming work programs, geological interpretations, receipt of property titles, potential mineral recovery processes, etc. Forward-looking statements address future events and conditions and therefore involve inherent risks and uncertainties. Actual results may differ materially from those currently anticipated in such statements. Telson Resources Inc. relies upon litigation protection for forward-looking statements.

Contact:

Glen Sandwell, Communications Manager
Tel: (604) 684-8071
Email: ir@telsonresources.com