



Vangold Mining Continues to Strengthen its Board of Directors

October 24, 2019 – Vancouver, British Columbia – Vangold Mining Corp (the “Company” or “Vangold”) (TSXV:VAN) announces that Richard Silas has joined its Board of Directors.

Richard Silas

Mr. Silas is currently Corporate Secretary of Barksdale Capital Corp. During his tenor as President and Director of Barksdale, he played a vital role in acquiring the company's flagship Sunnyside project in Santa Cruz County, Arizona. Sunnyside is located adjacent to South32's Taylor deposit, which was acquired in 2018 for \$2.1 Billion. Mr. Silas has 20+ years' experience in corporate governance, regulatory compliance, and administration of junior resource companies. Prior to Barksdale, Mr. Silas was Director and Corporate Secretary of Gold Standard Ventures Corp. (listed on the TSX and NYSE) from 2009 until 2017. During his time at Gold Standard, the Company's market capitalization increased from \$23 million to over \$400 million. His understanding of the junior exploration markets and ability to position, structure, and administer companies has been integral to their successes.

Also, Xavier Wenzel will be expanding his role with the company, becoming corporate secretary in addition to his current position of chief financial officer.

Vangold continues to focus on advancing its El Pinguico gold and silver project, which is located just 7km south of the city of Guanajuato, Mexico.

The El Pinguico Mine:

El Pinguico is a high grade gold and silver deposit that was mined from the early 1880s until 1913. The mining was done exclusively from the El Pinguico and El Carmen veins, which are thought to be splays off the Mother Vein, or 'Veta Madre.'

The Veta Madre is associated with a mega fault that outcrops for 25 kilometres and is the most important source of precious metal mineralization in the region. The Veta Madre may cross Vangold's property at depth, underneath the high grade El Pinguico and El Carmen veins, but very limited drilling has been done on the property and no drilling has attempted to encounter the Veta Madre at depth.

Historic stockpiles of mineralized material exist on surface and underground at El Pinguico which may potentially provide feed to one of several operational mills in the Guanajuato area.

VANGOLD MINING CORP.

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TSX-V: VAN | OTC: VGLDF



Hernan Dorado, a director of Vangold and a qualified person as defined by National Instrument 43-101, *Standards of Disclosure for Mineral Projects*, has approved the scientific and technical information contained in this news release.

About Vangold Mining Corp.

Vangold Mining is an exploration company engaged in the exploration of mineral projects in the Guanajuato region of central Mexico. The Company's flagship El Pinguico project is a significant past producer of high grade gold and silver and is located just 7km south of the city of Guanajuato, Mexico. The Company remains focused on the near term potential for development and monetization of both its surface and underground stockpiles of mineralized material from El Pinguico.

ON BEHALF OF THE BOARD OF DIRECTORS

"James Anderson"
Chairman and CEO

For further information regarding Vangold Mining Corp, please contact:
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Continue to Follow, Like and Watch our progress: Web: www.vangoldmining.com

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Forward-Looking Statements

This news release contains certain forward-looking statements, which relate to future events or future performance (including, but not limited to, the potential for near term development and monetization of existing stockpiles of mineralized material at the Company's El Pinguico project in Mexico) and reflect management's current expectations and assumptions. Such forward-looking statements reflect management's current beliefs and are based on assumptions made by and information currently available to the Company. Readers are cautioned that these forward-looking statements are neither promises nor guarantees, and are subject to risks and uncertainties that may cause future results to differ materially from those expected including, but not limited to, market conditions, availability of financing, currency rate fluctuations, actual results of exploration and development activities, environmental risks, future prices of gold, silver and other metals, operating risks, accidents, labor issues, delays in obtaining governmental or regulatory approvals and permits, and other risks in the mining industry. All the forward-looking statements made in this news release are qualified by these cautionary statements and those in our continuous disclosure filings available on SEDAR at www.sedar.com. These forward-looking statements are made as of the date hereof and the Company does not assume any obligation to update or revise them to reflect new events or circumstances save as required by applicable law.

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