
Canterra Minerals Announces Reinstatement of Chris Pennimpede as President and Filing of Updated Lemarchant Technical Report

Vancouver, B.C. (September 21, 2023) – **Canterra Minerals Corporation (TSXV:CTM) (OTCQB: CTMCF)** (“Canterra” or the “Company”) is pleased to announce the reinstatement of Chris Pennimpede to the role of President & CEO after a leave of absence that was the result of a motor vehicle accident. Chairman of the Board Andrew Farncomb commented “The progress and determination that Chris has shown over the past 18 months is remarkable and we look forward to Chris’ guidance of the Company as we advance our resource stage critical minerals deposits in central Newfoundland.”

“I would like to thank the Board and Interim President Cooper Quinn for all their efforts and hard work over the last year and a half in very difficult circumstances.” Stated President and CEO Chris Pennimpede “The well wishes and support that I received from the industry as a whole was overwhelming and helped me through the last year and a half. I’m excited to be back and ready to drive forward on our resource stage assets in central Newfoundland with the upcoming maiden drill campaign.”

Updated Technical Report

Canterra has announced that the Company has filed an independent technical report (the “Report”) prepared in accordance with National Instrument 43-101 – Standards of Disclosure for Mineral Projects (“NI 43-101”). This report has been filed and is available for viewing on SEDAR+ and on the Company’s website at <http://www.canterraminerals.com>. The effective date of the technical report is September 7, 2023.

The full technical report and previous technical report titled “*NI 43-101 Technical Report and Updated Mineral Resource Estimate On The Lemarchant Deposit South Tally Pond Property, Central Newfoundland, Canada*” dated effective September 20, 2018 can be found on the Company’s website at <http://www.canterraminerals.com> and on SEDAR+ at the Company’s issuer profile. The Report was prepared by independent consultant Dave Evans, P.Geo., M.Sc. a qualified person under NI 43-101.

About Canterra Minerals

Canterra Minerals is a diversified minerals exploration company with a focus on critical minerals (zinc and copper) in central Newfoundland. Canterra’s critical metals projects include four deposits which host compliant resources with considerable exploration potential. The deposits are located in close proximity to Teck Resources’ past producing Duck Pond mine and the past producing Buchans Mine. The deposits host a combined compliant resource of 4.1 million tonnes of Indicated Resources and 1.2 million tonnes of Inferred Resources. See the NI 43-101 Technical Report “Lemarchant and South Tally Project, Technical Report and Updated Mineral Resource Estimate” effective September 20, 2018. In addition, Canterra holds exploration stage gold properties that cover 80 km of strike length of the regional gold bearing Rogerson Lake structural corridor which hosts Marathon Gold Corporation’s feasibility stage Valentine Lake Gold Project. The gold projects have been subject to four drilling campaigns, demonstrating many gold occurrences and warranting further exploration. In Alberta, Canada, Canterra also holds a 50% interest and is operator of the Buffalo Hills diamond project, with Star Diamond Corporation holding the remaining interest. The Buffalo Hills diamond project has been subject to considerable exploration expenditures, including a bulk sample, which has identified 38 kimberlites.

The Company would like to thank the Government of Newfoundland and Labrador for past financial support of exploration work through the Junior Exploration Assistance Program.

ON BEHALF OF THE BOARD OF CANTERRA MINERALS CORPORATION

Chris Pennimpede
President & CEO

Additional information about the Company is available at www.canterraminerals.com

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This press release contains statements that constitute "forward-looking information" (collectively, "forward-looking statements") within the meaning of the applicable Canadian securities legislation. All statements, other than statements of historical fact, are forward-looking statements and are based on expectations, estimates and projections as at the date of this news release. Any statement that discusses predictions, expectations, beliefs, plans, projections, objectives, assumptions, future events or performance (often but not always using phrases such as "expects", or "does not expect", "is expected", "anticipates" or "does not anticipate", "plans", "budget", "scheduled", "forecasts", "estimates", "believes" or "intends" or variations of such words and phrases or stating that certain actions, events or results "may" or "could", "would", "might" or "will" be taken to occur or be achieved) are not statements of historical fact and may be forward-looking statements. Consequently, there can be no assurances that such statements will prove to be accurate and actual results and future events could differ materially from those anticipated in such statements. Except to the extent required by applicable securities laws and the policies of the TSX Venture Exchange, the Company undertakes no obligation to update these forward-looking statements if management's beliefs, estimates or opinions, or other factors, should change. Factors that could cause future results to differ materially from those anticipated in these forward-looking statements include risks associated possible accidents and other risks associated with mineral exploration operations, the risk that the Company will encounter unanticipated geological factors, the possibility that the Company may not be able to secure permitting and other governmental clearances necessary to carry out the Company's exploration plans, the risk that the Company will not be able to raise sufficient funds to carry out its business plans, and the risk of political uncertainties and regulatory or legal changes that might interfere with the Company's business and prospects.; the business and operations of the Company; unprecedented market and economic risks associated with current unprecedented market and economic circumstances due to the COVID-19 pandemic, as well as those risks and uncertainties identified and reported in the Company's public filings under its respective SEDAR profile at www.sedar.com. Accordingly, readers should not place undue reliance on the forward-looking statements and information contained in this press release. Except as required by law, the Company disclaims any intention and assumes no obligation to update or revise any forward-looking statements to reflect actual results, whether as a result of new information, future events, changes in assumptions, changes in factors affecting such forward-looking statements or otherwise.