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Sego Resources Inc. - Shares for Debt and Stock Options

June 20, 2016 - Sego Resources Inc. ("Sego" or "the Company") announces that the Company is proposing to issue shares for debt to certain non-arm's length individuals and has granted stock options.

Shares for Debt:

Sego proposes to issue 7,857,500 common shares at a price of $0.05 per share to settle debts totalling $392,875. Management of Sego are owed the following amounts:

J. Paul Stevenson owed from November, 2013 to May 31, 2016 management fees $3,000.00 per month totalling $93,000 plus geological consulting fees until March 2014 totalling $53,728.62; expenses incurred (rent, telephones, insurance) $107,633.22; GST $12,632.89; cash loans $44,127.15 (interest free) for a total of $311,121.88 of which $275,000.00 will be satisfied by shares for debt.

J. Allan Hilton owed from July 2014 to May 31, 2016 geological consulting fees $51,600.00, expenses of $6,357.23, cash loans (interest free) $37,500.00 for a total of $95,457.23 of which $95,450.00 will be satisfied by shares for debt.

Carta Exploration Ltd. (Selina Tribe, PhD P.Geo.) is owed geological consulting fees of $6,825.00, the total of which will be satisfied by shares for debt.

MBP Management Ltd. (Brent Petterson, CPA) is owed accounting fees of $15,600.00, the total of which will be satisfied by shares for debt.

Management believes that the proposed shares-for-debt is necessary to strengthen the Company's balance sheet and thereby increase the attractiveness of the Company for future private placement financings.

The proposed shares-for-debt filing is subject to regulatory approval. The shares issued would have a hold period of four months.

Stock Options:

Pursuant to the Company's stock option plan, the Company has granted 3,998,575 stock options to directors, officers, employees and consultants exercisable at a price of $0.10 for a period of five years. The issuance of stock options are subject to regulatory approval.

Sego is 100% owner of the Miner Mountain Project, an alkalic copper-gold porphyry exploration project near Princeton, British Columbia. The property is 2,056.54 hectares in size and located 15 kilometres north of the Copper Mountain Mine operated by Copper Mountain Mining Corporation and Mitsubishi Copper. Sego has a Memorandum of Understanding with the Upper Similkameen Indian Band, in whose Traditional Territory the Miner Mountain Project is situated. Sego holds a 5-year exploration permit for the property and has received an Award of Excellence for its reclamation work at Miner Mountain.

For further information please contact:

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