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Marathon Drilling Expands the Sprite Zone With High-Grade, Near Surface Gold Intercepts 5.35 g/t Au over 6.0m True Thickness and 4.38 g/t Au over 5.4m

London, England & Baie Verte, Newfoundland and Labrador - Rambler Metals and Mining plc (TSX-V: RAB, LSE: RMM) ('Rambler' or the 'Company'), a copper and gold producer operating in Newfoundland and Labrador, Canada, today announces that Marathon Gold Corp. (TSX:MOZ) ('Marathon') has provided a diamond drilling update on its 100% owned Valentine Lake Project. Rambler has a strategic investment in Marathon.

The highlights of the release have been included below. Additional information on Marathon and the Valentine Lake Project can be found on their website at www.marathon-gold.com.

TORONTO, ON - April 1, 2014 - Marathon Gold Corporation ("Marathon" or the "Company") (TSX: MOZ) today announced the intersection of additional high-grade near surface gold intervals during the current exploration drilling in the Sprite Area of the Valentine Lake Project (Figure 1). This latest drilling has continued to intersect wide near-surface intervals of quartz-tourmaline-pyrite (QTP) veining with high-grade gold intercepts. The Sprite area has a current strike length in excess of 500 meters and is open in all directions. The area of drilling is less than 2km from the Leprechaun Gold Deposit. Exploration continues at the Sprite Zone as Marathon works towards developing the next open pit resource at the Valentine Lake property.

Highlights include:

- Near surface intercepts of:
 - 5.35 g/t Au over 6.0 meters (TT) including 11.65 g/t Au over 2.4 meters (TT) in VL-14-553
 - 4.38 g/t Au over 5.4 meters (TT) including 10.85 g/t Au over 1.8 meters (TT) in VL-14-561
 - 2.73 g/t Au over 8.4 meters (TT) including 17.56 g/t Au over 1.2 meters (TT) in VL-14-557
- Deeper intercepts of 3.83 g/t Au over 5.6 meters (TT) including 24.25 g/t Au over 0.8 meters (TT) in VL-14-554.
- We are in the early stages of finalizing the drill program at the Sprite Area for the coming summer drilling season. We are just awaiting some pending assays to determine drill targets and we are planning doing some additional prospecting and trenching to expand the area of interest.

"The Sprite Area continues to be a focus of attention and our exploration team will refocus on this area of the Valentine Lake property when the spring thaw is finished. This area is developing very well. We have 500 m of strike length established by prospecting and drilling and more prospecting to do to extend the known mineralization. There are 5 holes remaining that are being assayed and all of them intersected quartz pyrite tourmaline mineralization," said Phillip Walford, President and CEO of Marathon.

TABLE 1: Significant Assay Intervals from drill holes VL-14-553 to VL-14-557 and VL-14-560 to VL-14-561, Sprite Zone

DDH*	Section	From	To	Core Length (m)	TT** (m)	Gold (g/t) Uncut
VL-14-553	12250	41	48.5	7.5	6	5.35

DDH*	Section	From	To	Core Length (m)	TT** (m)	Gold (g/t) Uncut
including		41	44	3	2.4	11.65
VL-14-554	12290	89.5	92.5	3	2.4	0.66
		154	157	3	2.4	0.94
		166	173	7	5.6	3.83
including		172	173	1	0.8	24.25
VL-14-555	12320	4	8.5	4.5	3.6	1.38
		26.5	29.5	3	2.4	1.81
		37	40	3	2.4	1.53
		59.5	62.5	3	2.4	0.8
		100	103	3	2.4	0.9
VL-14-557	12290	7	10	3	2.4	0.64
		41.5	44.5	3	2.4	1.16
		53.5	64	10.5	8.4	2.73
including		62.5	64	1.5	1.2	17.56
		70	73	3	2.4	1.4
VL-14-561	11930	4	11.5	7.5	4.5	0.61
		19	28	9	5.4	4.38
including		20.5	23.5	3	1.8	10.85

* No significant assay intervals in VL-14-556 and VL-14-560, assays for VL-14-558 and VL-14-559 are pending.

** (TT) - denotes true thickness

Figure 1 (viewable by clicking on the link below): Location map of Sprite Zone showing the collar position of drill holes VL-14-553 to VL-14-557 and VL-14-560 to VL-14-561, 2013 channel samples, and mineralizing alteration corridor.

http://www.rns-pdf.londonstockexchange.com/rns/7001D_1-2014-4-1.pdf

All of the samples were fire assayed at Eastern Analytical Laboratory Ltd., in Springdale, Newfoundland.

Sherry Dunsworth, M.Sc., P. Geo., VP of Exploration, Marathon's Qualified Person, has reviewed the contents for accuracy and has approved this press release on behalf of Marathon.

ABOUT RAMBLER METALS AND MINING

Rambler is a mining and development Company that in November 2012 brought its first mine into commercial production. The group has a 100 per cent ownership in the Ming Copper-Gold Mine, a fully operational base and precious metals processing facility and year round bulk storage and shipping facility; all located on the Baie Verte peninsula, Newfoundland and Labrador, Canada.

The Company's Vision is to be Atlantic Canada's leading mine operator and resource developer through growth and expansion of its existing assets; discovering new deposits; strategic partnerships; mergers and acquisitions. In addition to the Ming Mine, Rambler has strategic investments in the

former producing Hammerdown gold mine, Little Deer/ Whales Back copper mines and the advanced Valentine Lake Gold Project.

Rambler is dual listed in London under LSE: RMM and in Canada under TSX-V: RAB.

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Larry Pilgrim, P.Geo., is the Qualified Person for Rambler Metals and Mining plc. Mr. Pilgrim is an independent consultant contracted by Rambler Metals and Mining Canada Limited.

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Caution Regarding Forward Looking Statements:

Certain information included in this press release, including information relating to future financial or operating performance and other statements that express the expectations of management or estimates of future performance constitute "forward-looking statements". Such forward-looking statements include, without limitation, statements regarding copper, gold and silver forecasts, the financial strength of the Company, estimates regarding timing of future development and production and statements concerning possible expansion opportunities for the Company. Where the Company expresses or implies an expectation or belief as to future events or results, such expectation or belief are based on assumptions made in good faith and believed to have a reasonable basis. Such assumptions include, without limitation, the price of and anticipated costs of recovery of, copper concentrate, gold and silver, the presence of and continuity of such minerals at modeled grades and values, the capacities of various machinery and equipment, the availability of personnel, machinery and equipment at estimated prices, mineral recovery rates, and others. However, forward-looking statements are subject to risks, uncertainties and other factors, which could cause actual results to differ materially from future results expressed, projected or implied by such forward-looking statements. Such risks include, but are not limited to, interpretation and implications of drilling and geophysical results; estimates regarding timing of future capital expenditures and costs towards profitable commercial operations. Other factors that could cause actual results, developments or events to differ materially from those anticipated include, among others, increases/decreases in production; volatility in metals prices and demand; currency fluctuations; cash operating margins; cash operating cost per pound sold; costs per ton of ore; variances in ore grade or recovery rates from those assumed in mining plans; reserves and/or resources; the ability to successfully integrate acquired assets; operational risks inherent in mining or development activities and legislative factors relating to prices, taxes, royalties, land use, title and permits, importing and exporting of minerals and environmental protection. Accordingly, undue reliance should not be placed on forward-looking statements and the forward-looking statements contained in this press release are expressly qualified in their entirety by this cautionary statement. The forward-looking statements contained herein are made as at the date hereof and the Company does not undertake any obligation to update publicly or revise any such forward-looking statements or any forward-looking statements contained in any other documents whether as a result of new information, future events or otherwise, except as required under applicable security law.