

LA QUINTA RESOURCES CORPORATION
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LA QUINTA ANNOUNCES THE APPOINTMENT OF DAVID CARBONARO AS CORPORATE SECRETARY

December 14, 2009 Vancouver, B.C.- La Quinta Resources Corporation (LAQ-TSX.V) is pleased to announce the appointment of Mr. David Carbonaro as Corporate Secretary.

Mr. Carbonaro is a partner in the Toronto business law group of Heenan Blaikie LLP, and has been practicing corporate finance, international and mining law for over 22 years. As a member of Heenan Blaikie's mining group, he has acted for mining company clients with interests around the world, with a recent emphasis in Africa and South America. Accordingly, he brings to La Quinta a wealth of significant expertise and contacts in developing and financing public mining companies.

Mr. Glen Watson, the President of the La Quinta, stated “We are delighted to have someone with the level of expertise in corporate governance and corporate finance that David has. In addition to his legal expertise, we intend to access his wealth of corporate governance and corporate finance experience, as well as his contacts that we believe will assist the Company in its plans to take advantage of existing opportunities and to source new ones that will add value to the Company and its shareholders.”

ON BEHALF OF THE BOARD

Glen R Watson
CEO and President

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This document includes forward-looking statements. Forward-looking statements. When used in this document, the words “potential”, “plan”, “could”, “estimate”, “expect”, “intend”, “may”, “should”, and similar expressions are intended to be among the statements that identify forward-looking statements. Although La Quinta believes that their

expectations reflected in these forward-looking statements are reasonable, such statements involve risks and uncertainties and no assurance can be given that actual results will be consistent with these forward-looking statements. Important factors that could cause actual results to differ from these forward-looking statements include the potential that La Quinta's Easter project will experience technological and mechanical problems, or geological conditions that may not result in commercial levels of mineral resources, and other risks.