

LA QUINTA RESOURCES CORPORATION

1710 – 1177 West Hastings St.
Vancouver, BC V6E 2L3

LAQ: TSX-V
No.09-01

NEWS RELEASE

SEC 12G file#82-35061
February 9th, 2009

La Quinta announces addition to Board and change of Officers.

La Quinta Resources Corporation (TSXV: LAQ, the "Company") is pleased to welcome Greg Amor to the Board of La Quinta. Greg is a chartered accountant and a minerals industry professional with long experience of the junior exploration market. He will be a valuable addition to the Board and will provide significant assistance at this difficult time in the Company's history.

Also the Company wishes to announce the following changes to the Officers of the Company. Michel Cormier has resigned as President and COO and Malcolm Swallow has resigned as CEO of the Company. Glen Watson will replace Mr. Swallow as Chief Executive Officer and Dustin Henderson will remain as Chief Financial Officer. Both Mr. Swallow and Mr. Cormier will remain as independent directors of the Corporation and Mr. Swallow has agreed to continue to act as the independent Chairman of the Board.

ON BEHALF OF THE BOARD

Glen R. Watson

Chief Executive Officer

To Contact La Quinta Resources Corp.

Contact Glen Watson, Chief Executive Officer

Phone: 604-803 5229

Email: info@laquintaresources.com Web Site: www.laquintaresources.com

The TSX Venture Exchange has not reviewed and does not except any responsibility for the accuracy or adequacy of this news release, which has been prepared by management.