

LA QUINTA RESOURCES CORPORATION

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LAQ: TSX-V

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NEWS RELEASE

May 14th, 2008

LA QUINTA RESOURCES CORPORATION MANAGEMENT CEASE TRADE ORDER UPDATES

La Quinta Resources Corp. ("La Quinta" or, the "Company") (TSX-V: LAQ) of Vancouver, British Columbia announced on April 30th, 2008 that as a result of the delay in filing its December 31, 2007 annual financial statements (and annual Management's Discussion & Analysis related thereto) by the required filing date under applicable Canadian securities laws, La Quinta requested, and the British Columbia Securities Commission, the Alberta Securities Commission and the Ontario Securities Commission (collectively, the "Commissions") have issued, a temporary order that prohibits trading in securities of La Quinta by members of management and insiders including certain current and former directors and officers.

The delay in the filing of the fiscal year end financial statements has been brought about by completion of the formal Exploration and Joint Venture agreements covering over 7000 square kilometres of the Maniema - South Kivu gold belt in the Democratic Republic of Congo, (See Press Release dated 24th April 2008,) and with delays with audit documentation with Company's subsidiary in DRC, whose financial information must be consolidated into the Company's financial statements. This is the first time that the Company has had to prepare annual audited financial statements which include the Congolese subsidiary.

As of today, the Company has no changes to report and the Management Cease Trade Order is still valid. There has been no material change in the information contained in the Notice of Default disseminated on April 30, 2008 and the Company expects to file the fiscal year end financial statements well before June 29, 2008. There is no other material information concerning the affairs of the Company that has not been generally disclosed.

La Quinta intends to satisfy the provisions of Appendix B – *Default Status Reports* to policy document 57-301 as long as it remains in default of the financial statement filing requirement. Under the guidelines pursuant to which this management and insider cease trade order was issued, La Quinta expects to provide bi-weekly updates by way of press release on the affairs of La Quinta. La Quinta is not subject to any insolvency proceeding.

About La Quinta Resources Corp.

La Quinta is a publicly held Canadian natural resource mining company focused on exploring for precious metals principally in Democratic Republic of the Congo and Mexico. The Company is led by a highly skilled, experienced Board and management team with significant successes in finding and developing early stage gold and base metals projects.

Statements included in this announcement, including statements concerning our plans, intentions and expectations, which are not historical in nature are intended to be, and are hereby identified as, "forward-looking statements" for purposes of the safe harbor provided by Section 21E of the U.S. Securities Exchange Act of 1934, as amended. Forward-looking statements may be identified by words including "anticipates", "believes", "intends", "estimates", "expects" and similar expressions. The Company cautions readers that forward-looking statements, including without limitation those relating to the Company's future operations and business prospects, are subject to certain risks and uncertainties that could cause actual results to differ materially from those indicated in the forward-looking statements.

On Behalf of the Board

Malcolm J A Swallow
Chairman and CEO

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