

LA QUINTA RESOURCES CORPORATION

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LAQ: TSX-V
No.08-09

NEWS RELEASE

SEC 12G file#82-35061
May 30th, 2008

LA QUINTA CURES LATE FILING MANAGEMENT CEASE TRADE ORDER LIFTED

Vancouver, B.C. – May 30, 2008 – La Quinta Resources Corp. is pleased to announce (“LAQ” or the “Company”) (TSX-V: LAQ) that its audited annual financial statements for the financial year ended December 31, 2007 and corresponding management discussion and analysis has been filed on May 28th, 2008. A Management Cease Trade Order (“MCTO”) is part of a voluntary process. The Voluntary Management CTO issued on April 30, 2008 by the British Columbia Securities Commission has been lifted yesterday and insiders listed in the MCTO are no longer restricted in trading securities of the Company. The Company is a reporting issuer in the jurisdictions of Alberta, British Columbia and Ontario

By these actions, the Company has cured the default brought about by the late filing of the 2007 audited annual financial statements, which was brought on by the completion of the acquisition of a major property in Congo. (See Press Release # 08-06 dated April 23rd, 2008).

The Company continues to move forward on the completion of the acquisition of its major gold exploration property in Congo, having applied to the TSX-V Exchange for final approvals of the acquisition of the 7,010 square kilometer exploration property in the Maniema South Kivu gold belt as outlined in its news releases dated October 29th, 2007. This work is ongoing and final Exchange approval is expected in the very near future."

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.