BAIE VERTE, NL--(Marketwired - Aug 22, 2016) - Rambler Metals & Mining PLC (TSX VENTURE: RAB) (LSE: RMM)

TSX-V: RAB; LSE: RMM

22 August 2016

GRANT OF OPTIONS/PDMR HOLDING

London, United Kingdom & Newfoundland and Labrador, Canada - Rambler Metals and Mining PLC (TSX-V: RAB; LSE: RMM) ('Rambler' or 'The Company') further to its announcement on 18 August 2016 the Company reports that after close of business on 19 August 2016 the Board of Directors has approved a grant of 9,180,000 incentive stock options to directors, officers, employees and consultants of the Company under its stock option plan, in accordance with the Company's compensation policy. The options are exercisable for five years and issued at the Fair Market value of CAD\$0.0781. Fair Market value, as define by the plan, is the volume weighted average trading price on the TSXV for the five trading days immediately prior to the date of grant. The options granted to directors, officers and employees will vest 100 per cent after three years from the date of grant.

As part of the grant Norman Williams, President & CEO, Director, has been issued options over 3,400,000 ordinary shares in the Company. In accordance with the Company's stock option plan, these options are exercisable over a five year period at a price of CAD\$0.0781 per share and vest 100 per cent after 3 years from the date of grant. Mr. Williams currently holds 100,000 shares in the Company and has incentive stock options over 1,175,000 ordinary shares. Following this grant, Mr .Williams will have a total of 4,575,000 incentive stock options.

Click on, or paste the following link into your web browser, to view the associated PDF document.

http://www.rns-pdf.londonstockexchange.com/rns/7350H\_1-2016-8-22.pdf

For further information, please contact:

Norman Williams, CPA,CA	Peter Mercer
President and CEO	Vice President, Corporate Secretary
Rambler Metals & Mining Plc	Rambler Metals & Mining Plc
Tel No: 709-800-1929	Tel No: +44 (0) 20 8652-2700
Fax No: 709-800-1921	Fax No: +44 (0) 20 8652-2719

Nominated Advisor (NOMAD)Investor RelationsStewart Dickson /Nicole Marchand Investor RelationsPatrick Pittaway/ David PorterTel No: 416- 428-3533Cantor Fitzgerald EuropeNicole@nm-ir.comTel No: +44 (0) 20 7894 7000Nicole@nm-ir.com

Website: www.ramblermines.com

This information is provided by RNS The company news service from the London Stock Exchange Contact

For further information, please contact: Norman Williams, CPA,CA President and CEO Rambler Metals & Mining Plc Tel No: 709-800-1929 Fax No: 709-800-1921

Peter Mercer Vice President, Corporate Secretary Rambler Metals & Mining Plc Tel No: +44 (0) 20 8652-2700 Fax No: +44 (0) 20 8652-2719

Nominated Advisor (NOMAD) Stewart Dickson / Patrick Pittaway/ David Porter Cantor Fitzgerald Europe Tel No: +44 (0) 20 7894 7000

Investor Relations Nicole Marchand Investor Relations Tel No: 416- 428-3533 Nicole@nm-ir.com *Website:* www.ramblermines.com