IRVING RESOURCES INC.

999 Canada Place, Suite 404
Vancouver, B.C., Canada V6C 3E2

May 22, 2019

NEWS RELEASE

Irving Resources Updates Drilling at Omu Sinter

Vancouver, British Columbia, May 22, 2019 (Globe Newswire) – Irving Resources Inc. (CSE:IRV) ("**Irving**" or the "**Company**") is pleased to provide an update on drilling at its 100% controlled Omu Gold Project, Hokkaido, Japan. Diamond drill hole 19OMS-003 has been completed to a depth of 465.1 m at the Omu Sinter target (also known as Otoineppu Mine). Hole 19OMS-003 was drilled in a south-southeasterly direction at an inclination of 55 degrees and was designed to test southern extensions of mineralization encountered in hole 19OMS-002 (*please refer to the Company's press release dated May 6, 2019 for further information*) as well as confirm the presence of an east-west trending structure in this area (*Figure 1*).

Hole 19OMS-003 deviated westerly as it was drilled, and therefore did not intersect as much of the mineralized zone as hoped. Nonetheless, silicification and mineralization were robust at depths beginning around 350 m to the point at which the hole intersected the east-west structure at a depth of approximately 426 m. Photos of core from hole 19OMS-003 have been posted on Irving's website. Veining, vein breccias and sulphide mineralization similar to that seen in hole 19OMS-002, was observed in hole 19OMS-003 (*Figures 2, 3 and 4*). Intensity of pyrite was particularly high immediately before encountering the cross structure, a fault that appears to have displaced the system following emplacement. Rocks beyond this fault are notably less altered and mineralized.

A new hole, 19OMS-004, has been collared approximately 140 m south-southwest of hole 19OMS-003, and is oriented in an east-southeasterly direction at an inclination of 60 degrees. It is designed to fully cut the projected north-south trending mineralized zone including the high-grade vein encountered in hole 19OMS-002.

Since Irving's last news release, hole 19OMS-002 has been split and shipped to ALS Global, Australia, for analysis. Hole 19OMS-003, is currently being sawn and sampled. Sawing and sampling of hole 19OMS-001 has been delayed until saw blades capable of cutting the intensely silicified rock at the top of this hole can be sourced. Assays from hole 19OMS-002 are expected back in early June.

Loop EM and CSAMT surveys

With funding recently received from a placement by Newmont Goldcorp, Irving has decided to undertake two geophysical surveys to help evaluate subsurface structure to better design its drill program. Mitsui Mineral Development Engineering Co., Ltd. ("MINDECO"), Irving's lead exploration contractor, is currently undertaking a loop electromagnetic ("EM") survey that should highlight structure as well as areas of sulfide mineralization at Omu Sinter. Results of this survey are expected by late May and will be utilized for further drill planning at Omu Sinter.

With technical assistance from Newmont Goldcorp and help from MINDECO, Irving is planning to undertake a controlled-source audio-frequency magnetotellurics ("CSAMT") survey at each of its three main target areas, Omu Sinter, Omui mine and Hokuryu mine, in a few weeks. CSAMT data can provide valuable information about sub-surface structures that might host vein mineralization and can measure contrasts to depths of +500 m in the type of geologic environment present at Omu. Results are expected by mid-year and will help with drill targeting at all three locations.

Quinton Hennigh (Ph.D., P.Geo.) is the qualified person pursuant to National Instrument 43-101 responsible for, and having reviewed and approved, the technical information contained in this news release. Dr. Hennigh is a technical advisor and director of Irving Resources Inc.

About Irving Resources Inc.:

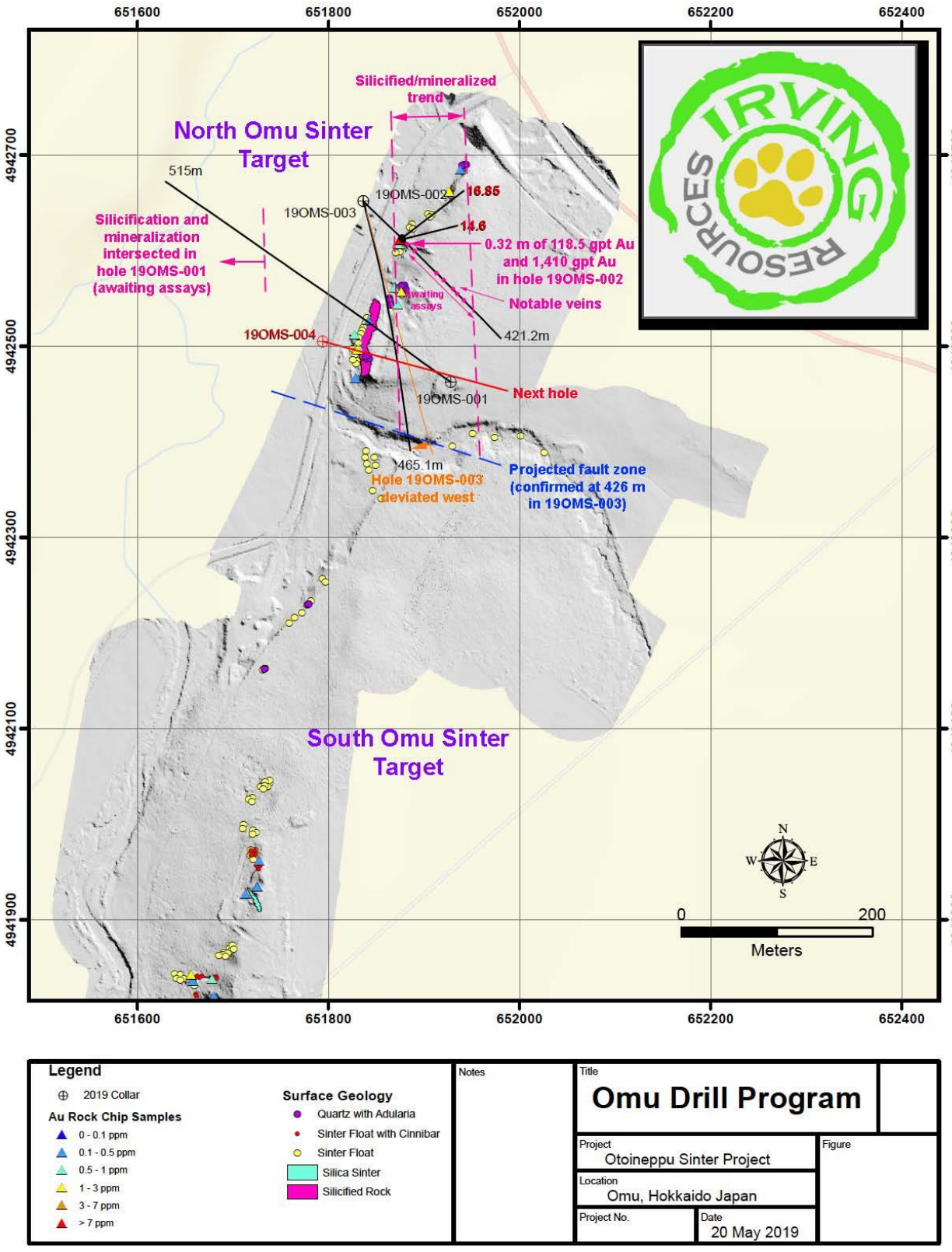
Irving is a junior exploration company with a focus on gold in Japan. Irving also holds, through a subsidiary, a Project Venture Agreement with Japan Oil, Gas and Metals National Corporation (JOGMEC) for joint regional exploration programs in Republic of Malawi. JOGMEC is a government organization established under the law of Japan, administrated by the Ministry of Economy, Trade and Industry of Japan, and is responsible for stable supply of various resources to Japan through the discovery of sizable economic deposits of base, precious and rare metals.

Additional information can be found on the Company's website: **www.IRVresources.com.**

Akiko Levinson,
President, CEO & Director

For further information, please contact:
Tel: (604) 682-3234 Toll free: 1 (888) 242-3234 Fax: (604) 641-1214
info@IRVresources.com

Forward-looking information
Some statements in this news release may contain forward-looking information within the meaning of Canadian securities legislation. Forward-looking statements address future events and conditions and, as such, involve known and unknown risks, uncertainties and other factors which may cause the actual results, performance or achievements to be materially different from any future results, performance or achievements expressed or implied by the statements, and in this news release include the statements as to the anticipated timing of receipt of assay results, the results of the EM and CSAMT surveys. Such factors include, without limitation, customary risks of the mineral resource exploration industry as well as Irving having sufficient cash to fund any planned drilling and other exploration activities.



Legend

- 2019 Collar
- **Au Rock Chip Samples**
  - 0 - 0.1 ppm
  - 0.1 - 0.5 ppm
  - 0.5 - 1 ppm
  - 1 - 3 ppm
  - 3 - 7 ppm
  - > 7 ppm
- **Surface Geology**
  - Quartz with Adularia
  - Sinter Float with Cinnibar
  - Sinter Float
  - Silica Sinter
  - Silicified Rock

Notes

Title: **Omu Drill Program**

Project: Otoineppu Sinter Project

Location: Omu, Hokkaido Japan

Project No.:

Date: 20 May 2019

Figure:

(Figure 1: Plan map showing the location of diamond drill holes and planned hole 19OMS-004 at Omu Sinter.)

(Figure 2: Example of vein breccia from hole 19OMS-003. Vein fragments are finely banded, typical of epithermal veins. Dark matrix material is rich in pyrite.)

(Figure 3: Example of intensely silicified vein breccia from hole 19OMS-003. Quartz vein fragments are floating in dark gray, pyrite-rich silica.)

(Figure 4: Dark gray quartz vein cutting sulfidized and silicified rhyolite and breccia encountered in hole 19OMS-003.)