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Commander Reports 37% Owned Maritime Resources Files Technical Report and Commences Work Program on Green Bay Gold Property

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VANCOUVER, BC - Commander Resources Ltd. (CMD-TSX.V, "Commander") reports that Maritime Resources Corp. (MAE-TSX.V, "Maritime") has filed the Technical Report entitled "Technical Report and Resource Estimate on the Green Bay Property, Newfoundland, Canada ". The Report, dated July 3, 2013 was authored by Tetra Tech of Sudbury, Ontario in accordance with NI 43-101 guidelines.

Maritime is now commencing a work program as recommended in the Report. This summer's work will be to continue trenching at the eastern extension of the Rumbullion zones, sample and analyze mine water from the closed Hammerdown gold mine, and test metallurgical recoveries of gold from ore on the Green Bay property.

Maritime holds 100% of the Green Bay property which hosts the past producing Hammerdown gold mine and the Orion gold deposit separated by a 1.5 km distance. As a result of an expanded land position, Maritime now controls 51.7 square kilometres (12,775 acres) near Springdale in north-central Newfoundland.

Green Bay Gold Property NI 43-101 Mineral Resource Estimate:

The Resource is summarized below, at a 3 g/t cut-off grade, and shown in various cut-off grades in Table 1.

- 428,600 ounces of gold in the Measured and Indicated category
- 661,100 ounces in the Inferred category

Table 1: SENSITIVITY OF RESOURCES TO GRADE CUT-OFF

Resource Category	Cut-off	Deposit	Tonnes	Grade (g/t Au)	Gold (Ounces)
Measured and Indicated	2 g/t Au	HD, RM, MS	831,330	10.46	279,574
		Orion	1,581,500	3.87	196,776
	3 g/t Au	HD, RM, MS	727,460	11.59	271,072
		Orion	1,096,500	4.47	157,582
	4 g/t Au	HD, RM, MS	642,180	12.67	261,592
		Orion	630,500	5.24	106,220
	5 g/t Au	HD, RM, MS	562,760	13.82	250,048
		Orion	347,200	5.86	65,414
Inferred	2 g/t Au	HD, RM, MS	2,204,000	6.64	470,513
		Orion	1,891,000	4.52	274,803
	3 g/t Au	HD, RM, MS	1,767,000	7.68	436,304
		Orion	1,288,000	5.44	225,272
	4 g/t Au	HD, RM, MS	1,336,000	9.02	387,440
		Orion	917,000	6.18	182,201
	5 g/t Au	HD, RM, MS	1,027,000	10.39	343,066
		Orion	692,000	6.75	150,176

 $\mathbf{HD} = \text{Hammerdown} \quad \mathbf{RM} = \text{Rumbullion} \quad \mathbf{MS} = \text{Muddy Sh}$

Resource Estimate Notes and Parameters:

- 1. CIM definition standards were followed for the resource estimate.
- 2. The 2013 resource models used Ordinary Krig grade estimation within a three-dimensional block model with mineralized zones defined by wireframed solids.
- 3. A cut-off grade of 3.0 g/t Au over 1.2 metres was used for reporting resources with capping of gold grades at 125 g/t at Hammerdown and 50 g/t at Orion.
- 4. A Specific Gravity of 2.84 was applied.
- 5. Numbers may not add exactly due to rounding.
- 6. Mineral Resources, which are not mineral reserves, have not demonstrated economic viability.
- 7. The quantity and grade of reported inferred resources in this estimation are uncertain in nature and there has been insufficient exploration to define these inferred resources as an indicated or measured mineral resource and it is uncertain if further exploration will result in upgrading them to an indicated or measured mineral resource category.
- 8. A portion of the estimated resource, specifically the Hammerdown mineralization, may be located in close proximity to previously mined areas and, as such, may not be recoverable due to structural or safety concerns.

The Resource Estimate was prepared by Todd McCracken, P. Geo. of Tetra Tech, Sudbury, ON. Mr. McCracken is a qualified person and independent of the Company, as defined by section 1.5 of NI 43-101. The mineral resource estimate is based on the combination of geological modeling, geostatistics and conventional block modeling using the Ordinary Krig method of grade interpolation. The mineral resources were estimated using a block model with parent blocks of 5m X 5m X 5 m split three times into sub-blocks. The geological model including mineralized intercepts were generated by Maritime personnel and then audited by Tetra Tech. The QAQC protocols and corresponding sample preparation and shipment procedures have been reviewed by Tetra Tech.

On behalf of the Board of Directors.

Eric W. Norton President & CEO

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