NEWS RELEASE No. 14, 2011

SONA INTERSECTS 8.4g Au/t OVER 0.51 METRES AT ITS ELIZABETH GOLD DEPOSIT PROPERTY

Program completes 34 underground and 18 surface drill holes

VANCOUVER, September 8, 2011 – Sona Resources Corp. ("the Company" or "Sona"; TSX-V:SYS, Frankfurt-QS7) is pleased to report that it has completed 34 holes, totalling 3,919 metres, of its 4,500-metre underground diamond drill program; and 18 holes, totalling 2,716 metres, of its 3,000-metre surface drilling program, at its 100 percent owned Elizabeth Gold Deposit Property ("Elizabeth"), in the Lillooet Mining District of southern British Columbia.

A total of 24 underground drill holes (E11-U76 to E11-U97, E11-U105 and E11-U106) targeted the West Vein gold mineralization via a drill bay cut into the Upper Adit's east wall, with the hole collars located approximately 80 metres southeast of the West Vein. The program is testing an area along strike and down dip from the Jewellery Box zone (so called for the rich assay values and abundant visible gold found in its quartz veins) to a depth of approximately 140 metres.

Seven underground drill holes (E11-U98 to E11-U104) tested the Main Vein from approximately the same drill bay location as the first 22 holes. To test the Main Vein, the drill was turned around, and holes were drilled in a general southeasterly direction.

Underground drill holes E11-U107, E11-U108 and E11-U109 were collared at the end of the Upper Adit, at the intersection of the West Vein. They were drilled in a generally northerly direction to test for the presence of the parallel D Vein and the Southwest Vein. E11-U107 was drilled flat for a total distance of 263.7 metres, and E11-108 was lost at 193.8 metres, just short of the target and E11-U108 was completed at 239.2 metres.

The laboratory has returned assay results for the first 15 underground drill holes, presented in the following table. Hole E11-U80 intersected 9.7g Au/t over a core length of 0.80 metres, and E11-U84 intersected 4.4g Au/t over a core length of 0.68 metres. The two holes intersected the West Vein approximately 50 metres below the Upper Adit drift on the West Vein, approximately 100 metres below the Jewellery Box zone surface.

Surface diamond drilling has continued on the southwestern extension of the Southwest Vein mineralized zone, with 15 holes completed. The laboratory has returned complete assays on one hole, and partial results from several others. Hole E11-01 returned 8.4g Au/t over a core length of 0.51 metres, from 120.17 metres to 120.68 metres.

Hole no.	From (m)	To (m)	Core length (m)	Gold (g Au/t)
Underground				
E11-U76	41.50	42.55	1.05	0.6
E11-U77	NSV			
E11-U78	NSV			
E11-U79	64.93	65.65	0.72	2.7
E11-U80	40.53	40.94	0.41	0.5
	89.50	91.16	1.66	4.1
including	90.36	91.16	0.80	9.7
E11-U81	NSV			
E11-U82	52.63	53.18	0.55	0.6
	122.50	124.50	2.00	0.9
E11-U83	54.91	56.70	1.79	0.6
including	54.91	55.41	0.50	0.8
including	56.18	56.70	0.52	0.7
E11-U84	87.60	88.13	0.53	1.3
	90.37	91.05	0.68	4.4
	115.20	115.77	0.57	1.1
	117.68	118.25	0.57	1.3
	120.03	121.03	1.00	1.3
E11-U85	69.15	70.10	0.95	0.5
E11-U86	69.50	70.00	0.50	2.2
E11-U87	NSV			
E11-U88	NSV			
E11-U89	38.01	38.50	0.49	0.8
	84.62	85.10	0.48	1.0
E11-U90	NSV			
Surface				
E11-01	120.17	120.68	0.51	8.4

NSV = no significant values
Note: true widths are shorter than core lengths

Material samples for analysis and assay are being cut in half using a diamond saw. Half of the core will be sent to the lab for analysis, with the remaining half preserved for future reference. The samples are being analyzed for gold by standard fire assay atomic absorption finish techniques, as well as multi-element ICP on most samples. A strict QA/QC program is being followed; this includes the use of certified pulp standards and blanks at Acme Labs in Vancouver, and verification analyses at a second laboratory.

The content of this news release has been reviewed by John P. Thompson, a Qualified Person for the purposes of NI 43-101, with the ability and authority to verify the authenticity and validity of the data herein.

About Sona Resources Corp.

Since its inception in 1990, Sona has engaged in exploration activities at its mineral properties in Canada and the United States, as well as small-scale gold production at its flagship property, the 100 percent owned Blackdome Gold Mine, in south-central British Columbia, 250 kilometres north of Vancouver. At Blackdome, the indicated mineral resources are estimated at 144,500 tonnes, grading 11.29g Au/t and containing 52,600 ounces of gold; and the inferred resource is estimated at 90,600 tonnes, grading 8.79g Au/t (news release dated May 4, 2010). At its 100 percent owned Elizabeth Gold Deposit Property, 30 kilometres south of the Blackdome Gold Mine, Sona has outlined an inferred gold resource of 522,900 tonnes, grading 12.3g Au/t and containing 206,100 ounces of gold (news release dated June 8, 2009).

Sona aims to bring its permitted Blackdome mill back into production over the next two years at a rate of 200 tonnes per day, with feed from the formerly producing Blackdome Gold Mine and the Elizabeth Gold Deposit Property. A positive Preliminary Economic Assessment by Micon International Ltd. (news release dated May 28, 2010), based on a gold price of $950 per ounce over eight years, has estimated a cash cost of $208 per tonne milled, or $686 per gold ounce recovered.

Sona also holds a 100 percent interest in the Montgolfier Project, located in Quebec, 40 kilometres east of the multimillion-ounce Casa Berardi Mine gold deposit.

This news release contains certain forward-looking statements, and such statements involve risks and uncertainties. The results or events predicted may differ materially from actual results or events. Any forward-looking statement speaks only as of the date of this news release. Except as may be required by applicable securities laws, the Company disclaims any intent or obligation to update any forward-looking statement, whether as a result of new information, future events or results or any other occurrence.

Neither the TSX Venture Exchange nor its regulation services provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

For more information, visit www.sonaresources.com, or call or e-mail:

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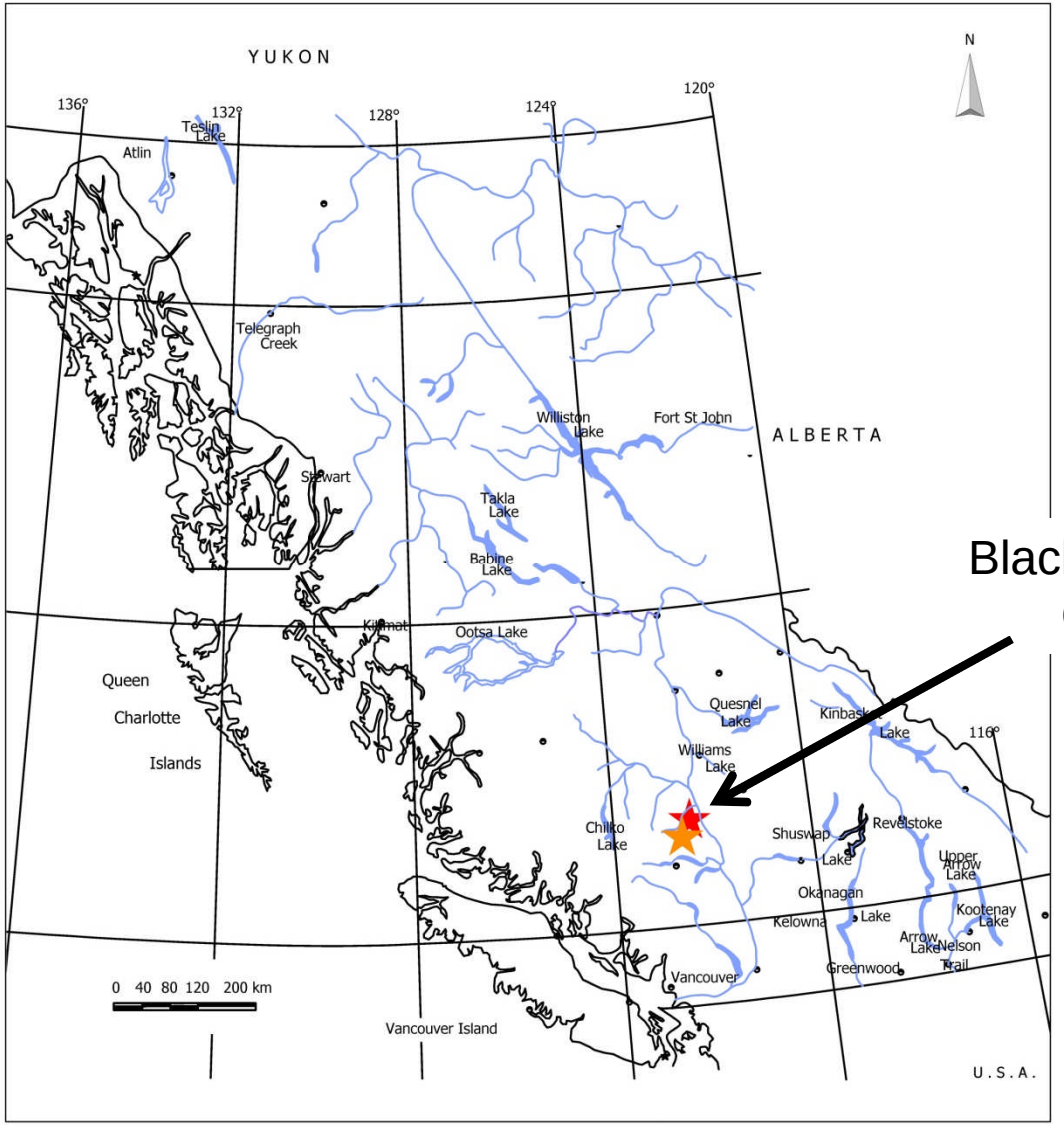
Location Map



Blackdome-Elizabeth Gold Project

Mineral Claims

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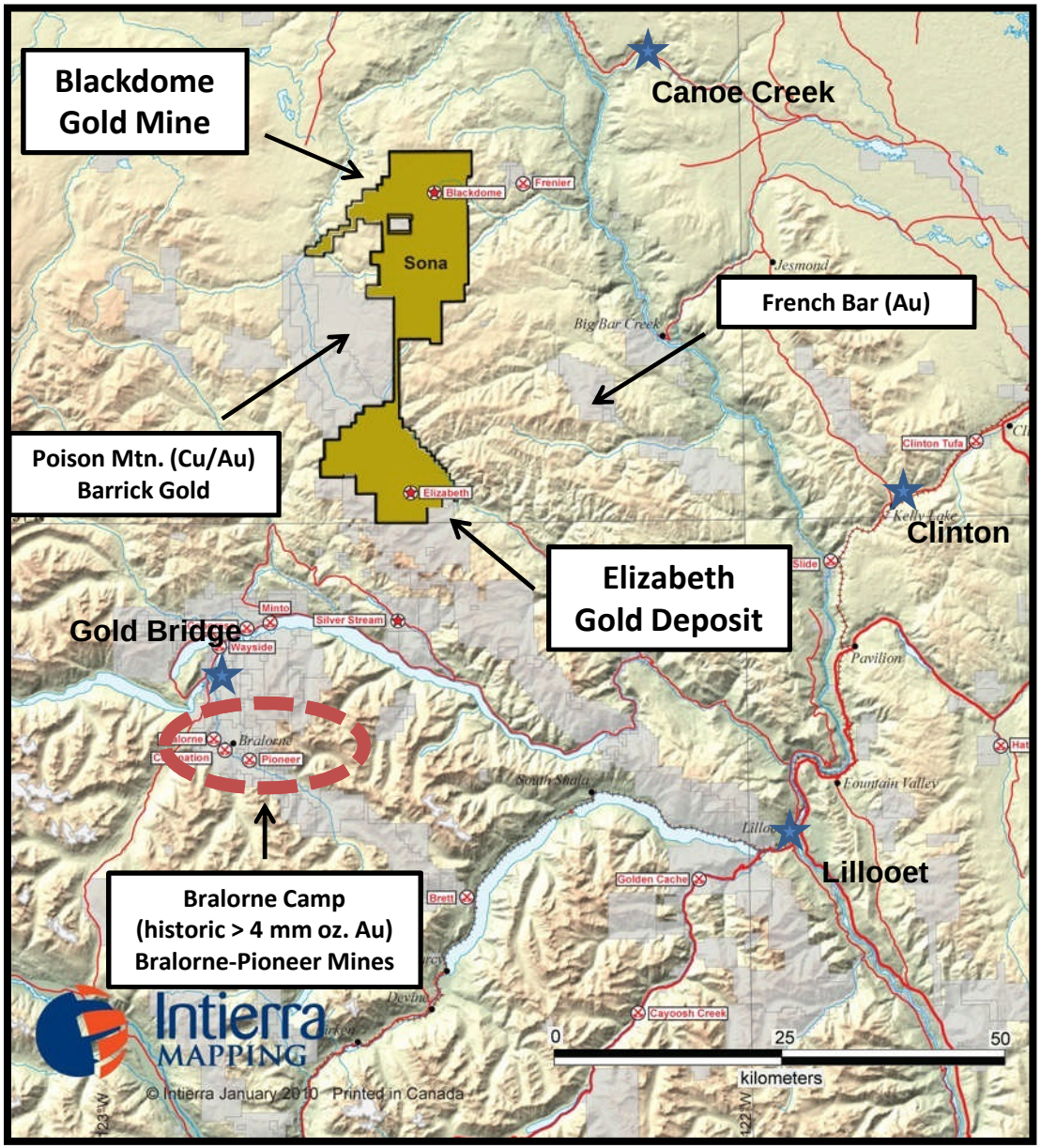
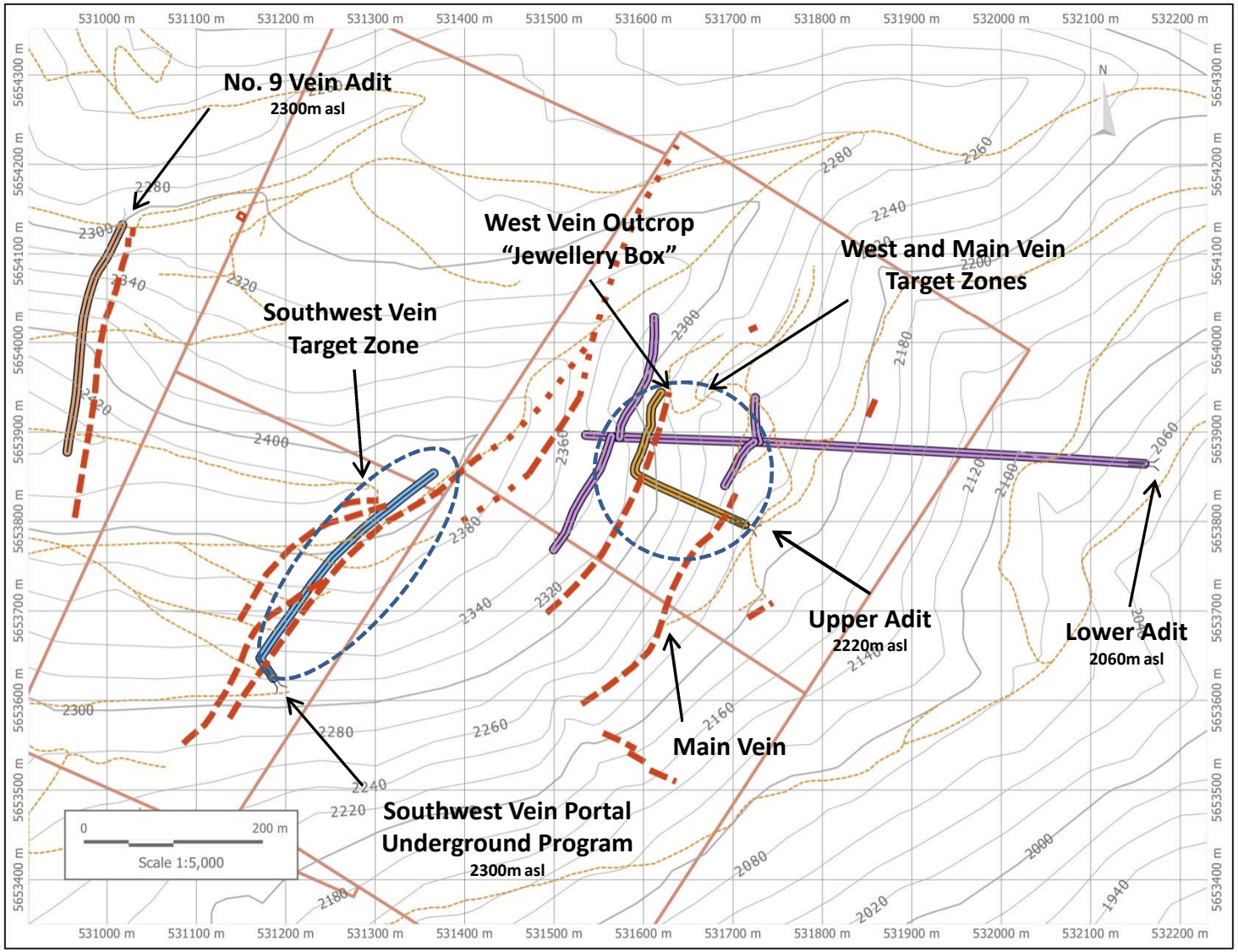
Elizabeth Gold Deposit