

Suite 2000 – 1177 West Hastings St Vancouver, BC Canada V6E 2K3 T: 604-669-2279 / F: 604-602-1606 info@cap-ex.ca

TSX Venture Exchange: CEV Frankfurt Exchange: XOV

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Cap-Ex Ranked Third Out of Ten Mining Companies to Make TSX Venture 50®

Cap-Ex Ventures Ltd (TSX-V: CEV) ("Cap-Ex" or the "Company") is pleased to announce that it has ranked third out of the ten mining companies that made the TSX Venture 50[®].

The TSX Venture Exchange today announced its 2012 TSX Venture 50®, a ranking of strong performing companies listed on TSX Venture Exchange. The TSX Venture 50® is comprised of ten companies from each of the following five sectors: Mining, Oil & Gas, Diversified Industries, Clean Technology and Technology & Life Sciences. The companies were ranked based on market capitalization growth, share price appreciation, trading volume and analyst coverage.

Cap-Ex President and CEO, Mr. Francois Laurin commented, "We are pleased and honored to have received this recognition from the TSX Venture Exchange. Congratulations to all the individuals at Cap-Ex who helped make this happen."

ABOUT CAP-EX VENTURES LTD.

Cap-Ex Ventures Ltd. is a Canadian listed iron ore company with significant landholding in the Labrador Trough, near the mining town of Schefferville, Quebec. The company is focused on the development of its wholly owned Block 103 iron ore property.

For additional information please visit the Company's website at www.cap-ex.ca. You may also email info@cap-ex.ca or call investor relations at (604) 669-2279.

CAP-EX VENTURES LTD.

"Francois Laurin"

Francois Laurin
President and CEO

Cautionary Note Regarding Forward-looking Information

This press release contains "forward-looking information" within the meaning of applicable Canadian securities legislation. Forward-looking information includes, but is not limited to, statements with respect to the development of the Company's Block 103 iron ore property. Generally, forward-looking information can be identified by the use of forward-looking terminology such as "plans", "expects" or "does not expect", "is expected", "budget", "scheduled", "estimates", "forecasts", "intends", "anticipates" or "does not anticipate", or "believes", or variations of such words and phrases or state that certain actions, events or results "may", "could", "would", "might" or "will be taken", "occur" or "be achieved". Forward-looking information is subject to known and unknown risks, uncertainties and other factors that may cause the actual results, level of activity, performance or achievements of the Company to be materially different from those expressed or implied by such forward-looking information. There can be no assurance that such information will prove to be accurate, as actual results and future events could differ materially from those anticipated in such statements. Accordingly, readers should not place undue reliance on forward-looking information. The Company does not undertake to update any forward-looking information, except in accordance with applicable securities laws.



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