



BLOCK ONE ANNOUNCES APPOINTMENT OF INTERIM CEO

Vancouver, British Columbia, November 7, 2019 – Block One Capital Inc. (TSXV: BLOK) (OTCQB: BKPPF) (Frankfurt:ES3) (the “Company” or "**Block One**"), an investment company focussed on high growth opportunities, announces that effective immediately Mr. Sothi Thillairajah has resigned as CEO and Mr. Arnold Spangler has resigned from the Board of Directors. In addition, Mr. David Berg has been appointed as the interim Chief Executive Officer, effective immediately.

Block One thanks Mr. Thillairajah and Mr. Spangler for their services to the Company and wish them well in their future endeavors.

For more information on Block One Capital, please visit the Block One Capital's website at www.blockonecap.com, or contact Block One Capital at info@blockonecap.com.

ON BEHALF OF THE BOARD

“Christopher Cherry”
Chris Cherry
Director

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.