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NEWS RELEASE

NOVEMBER 14, 1990

HEADLINE SUMMARY: Placer Mining Results Prove Favourable

Integrated Resources Ltd. (ASE - IR) of Edmonton is pleased to report the recovery of 410 ozs. of raw gold during a ten week recently completed mining operation on one of nine claims on the Barrington River, approximately 35 miles south-west of Telegraph Creek, B.C., and 80 miles north of Eskay Creek. The recovery was made after processing approximately 25,000 bank cubic yards of aluvium on placer lease PL 840, contiguous to eight other claims that has an estimated 10 million cubic yards of aluvium yet to be tested.

The raw gold recovered ranged in size from large nuggets to medium fine particles. Preliminary tests on tailing samples indicate that processing equipment did not recover a significant percentage of fine gold, which if recovered, could significantly increase values. The Corporation is now satisified that modification to existing equipment is warranted and additional equipment will be added to improve the fine gold recovery process.

The Corporation has received preliminary indication of a potential probable and possible reserve estimated to range from 500,000 to 800,000 cubic yards of aluvium on PL 840 with a potential contained gold value ranging between \$7 to \$12 million. An independent evaluation report that will more accurately determine reserve clasification, size, and potential value based on actual mining data and gold values found in tailings is awaited. The report, expected to be received within the next 30 days, is to contain recommendations on expanded mining operations and further exploration.

Integrated Reseurces Ltd. is a mining and exploration Corporation with extensive minerals claims in the Liard Mining district in north-west British Columbia which includes a 25,000 acre claim on Mt. Barrington. This is the largest property held by a single corporation in the Telegraph Creek district which is being explored for gold, silver and copper.

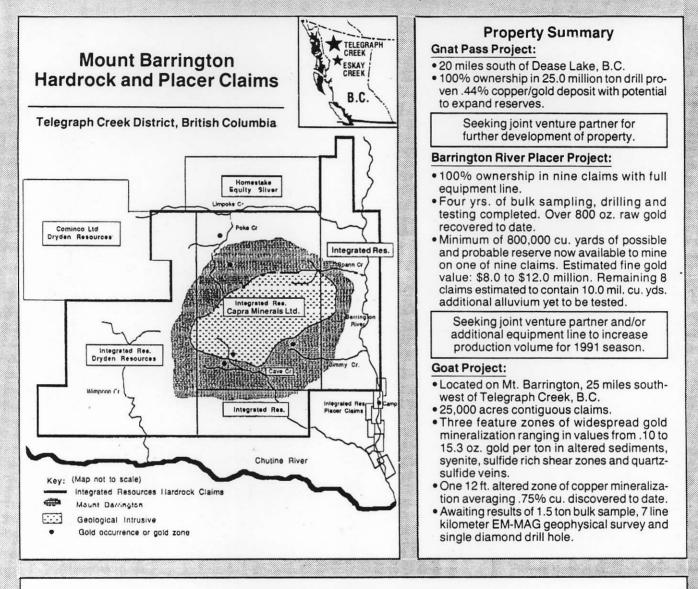
The Corporation and an associate company, Capra Minerals Ltd (ASE-KA) recently entered into a lease/option agreement to acquire a 90% interest in the Blackrock Lode mineral claims near Carson City, Nevada, a very promising gold and silver exploration target. The Corporation is listed on the Alberta Stock Exchange and trades under the stock symbol: "I/R"

> For further information, contact: Vice Presidents: Robert Linttell, Chief Executive Officer, or Al Jenkins, Secretary Treasurer. Telephone: (403) 428-9319 Fax: (403) 424-9478

The Alberta Stock Exchange has neither approved nor disapproved the contents of this release.

Integrated Resources Ltd. ASE-IR

700 Toronto Dominion Tower 10205 - 101 Street, Edmonton, Alta. T5J 2Z1



NEWS RELEASE

Bonanza Type Gold Property to now be explored in Nevada by Integrated Resources Ltd. (ASE-IR) and an associate company, Capra Minerals Ltd. (ASE-KA) of Edmonton, Alberta. Recent exploration indicates a good to excellent potential of locating a high grade "bonanza" style gold mineralization, or, alternatively a low grade, high tonnage heap leachable gold type deposit. Drilling on the Blackrock property, located approximately 10 miles south-east of Dayton, Nevada now being planned. The property shows many similarities to the nearby Comstock Lode which produced in excess of \$US 400,000 million in gold and silver in the late 1890's.

For further information, please contact: Mr. Robert Linttell, C.E.O or Mr. Al Jenkins, Sec/Treas. Telephone: (403) 428-9319 Fax: (403) 424-9478

