

# Northern Continental Resources Inc.

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TSX Venture Exchange  
Trading Symbol: "NCR"

July 20, 2005

## NEWS RELEASE 05-06

### Diamond Drilling Commenced on LCR Property

The Board of Directors of Northern Continental Resources Inc. (the "Company") wishes to announce that the Company and Eagle Plains Resources Ltd. (TSXV: EPL) have commenced diamond drilling activity on the Elsiar (LCR) project, located 40 km northwest of Terrace, BC. The 5,650 ha property is controlled 100% by EPL (subject to a 1% NSR), and is under option to the Company, who may earn a 60% interest in the property. Up to 10 holes are planned for the property, for a total of 10,000' (3000m).

The property was originally acquired by due to the presence of a strong multielement geochemical signature in stream sediments and similar geology/geophysics to EPL's nearby Kalum property. In addition to highgrade gold targets, preliminary exploration work completed in 2004 suggests that the project area also has the potential to host a copper molybdenum porphyry system. The property boasts an excellent infrastructure including logging roads, hydroelectric power lines and close proximity to rail and deepwater international ports in Kitimat and Prince Rupert.

The claims cover a number of intrusive plugs, sills and dykes hosted in sediments of the Bowser Basin. These intrusive rocks contain widespread sulphide mineralization including chalcopyrite (copper) alteration haloes. Initial exploration on the property completed in 2004 included a 500 line km geophysical survey which proved useful for mapping intrusive bodies and their magnetic alteration haloes. Geochemical surveys delineated a strong CuMo soil geochemical anomaly some 800m x 800m in area, coincident with a prominent magnetic geophysical anomaly. Prospecting and geologic mapping resulted in the discovery of the Shae coppergold occurrence. Encouraging 2004 results justified an aggressive exploration program for 2005, with an available budget of over \$800,000. The 2005 field program will be carried out under the supervision of C.C. Downie, P.Geo., identified as a "Qualified Person" under National Instrument 43-101.

On behalf of the Board of Directors,

*"J. Frank Callaghan"*

J. Frank Callaghan  
President

*This news release contains forward-looking statements regarding the timing and content of upcoming programs. Actual results may differ materially from those currently anticipated in such statements. The TSX Venture Exchange has neither approved nor disapproved of the information contained herein. The TSX Venture Exchange has neither approved nor disapproved the information contained herein*

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April 18, 2005

## **NEWS RELEASE 05-04 Russell Lake Property Litigation Settled**

The Board of Directors of Northern Continental Resources Inc. (the "Company") wishes to announce that it has entered into an agreement with Roughrider Uranium Corp. ("Roughrider") with respect to its Russell Lake Property (the "Property") whereby the parties agreed that Roughrider has the option to spend \$2,000,000 to earn a 40% interest in the Property on the following basis. Roughrider must incur \$1,000,000 of expenditures on or before September 30, 2005 and \$1,000,000 of expenditures on or before September 30, 2006. All of these expenditures must qualify for assessment credits. The Company will retain a 60% interest in the Property. Upon Roughrider earning its 40% interest, it shall issue 750,000 common shares of Roughrider to the Company, and the Company will, in turn, issue 250,000 common shares to Roughrider, all of which common shares shall be subject to an escrow agreement providing the release of 25% of the common shares every six months. Upon execution of an option and joint venture agreement between the Company and Roughrider, all litigation between the Company and Roughrider will cease.

The Property is located within the eastern Athabasca Basin of north-central Saskatchewan and is a 39,378-hectare (97,305 acre) claim group contiguous to Cameco Corp. to the North and West and Cogema to the South and International Uranium Corporation and JNR Resources Ltd. to the East. The project encompasses an area approximately 12 by 40 km on strike between the former producing Key Lake uranium deposit (195 million pounds grading 2.5% U<sub>3</sub>O<sub>8</sub>) and the presently producing McArthur River deposit (483 million pounds grading 15% U<sub>3</sub>O<sub>8</sub>). A power line and all-weather road is located along the northwest boundary of the property, which is presently used to truck uranium ore from the McArthur River mine to the Key Lake mine for processing. This region hosts the highest-grade uranium deposits in the world.

The Company is pleased with this outcome and is looking forward to a mutually beneficial relationship with Roughrider.

On Behalf of the Board of Directors,

J. Frank Callaghan, President

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