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TSX Venture Exchange (TSX-V)
Trading Symbol TSX-V "IGM"

News Release 02 -08 Drill Results Phase I Complete

July 16, 2002

Godfrey Walton P. Geo., Vice President of Exploration has reported to the Board of Directors of Island Mountain Gold Mines Ltd., (the Company) that the assays on the attached table have been received from the initial 4 diamond drill holes completed on Island Mountain across Jack of Clubs Lake from Cow Mountain near Wells, British Columbia. The assays are associated with veins within the Rainbow Unit on Island Mountain, with the best results being IGM02-02, 1 foot grading 0.567 oz/ton Au, 1 foot grading 2.014 oz/ton Au and IGM02-04, 6 feet grading 0.203 oz/ton Au. Fifteen intersections were made in these 4 drill holes in the Rainbow Unit. The Rainbow Unit hosted the quartz vein mineralization mined at the Cariboo Gold Quartz Mine on Cow Mountain.

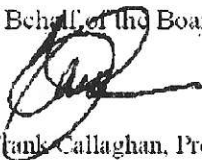
IGM02-01 and 02 were drilled from the same setup at 16026N and 13195E (see map enclosure). The drill holes started in the Baker Unit which hosts the replacement ore zones previously mined at Island Mountain and crossed the Aurum Fault into the Rainbow Unit at depth. Drill hole IGM02-01 was drilled below a coincident gold soil anomaly and an induced Polarization (IP) chargeability anomaly. The best intersection was obtained from a vein in the Rainbow Unit. IGM02-02 was drilled across some veins in the Rainbow Unit which were identified in the underground workings 300 to 400 feet below. The best assays were obtained from the projection of these veins to surface.

IGM03-03 and 04 were drilled from the same setup at 15390N and 13370E. These holes confirmed testing quartz vein mineralization in the Rainbow Unit and allows further drilling to follow the mineralization across the Rainbow Unit into the stratigraphic section that hosts the Bonanza Ledge stratigraphy on Barkerville Mountain. IGM02-03 was drilled to the South and intersected a vein in the Rainbow Unit. Drill hole IGM02-04 was oriented northerly to test some large quartz veins seen underground in the footwall of the Aurum Fault and intersected 8 veins in the Rainbow Unit.

The Company's geologists are encouraged by the number of intersections all carrying gold values and have interpreted some areas of alteration around these quartz veins. It is believed that drill holes can be planned to follow these quartz veins across the Rainbow Unit and have a higher chance of discovering a replacement zone in the chemically reactive sediments of the Bonanza Ledge stratigraphy and other areas in the Baker Unit. The drilling is also using the IP chargeability anomalies and the gold anomalies identified from the soil survey completed last year.

Cow Mountain is the subject of a Development Permit Application titled the Cariboo Gold Project for a conceptual open pit mine with the Environmental Assessment Office of British Columbia for International Wayside Gold Mines Ltd., (Wayside). [see *News Releases Wayside 00-10 and 01-01*]. Wayside is the operator for Island Mountain Gold Mines Ltd., and their properties form part of the Cariboo Gold Project.

On Behalf of the Board of Directors



J. Frank Callaghan, President

Assay Table for IGM News Release 02- 08, July 16th 2002

Drill Hole	Interval (ft)	Length (ft)	Assay g/t Au	Assay oz/ton Au	Northing	Easting	Elevation	Azimuth	Inclination	DH Length (ft)
IGM02-01	30.0-32.0	2.0	1.15	0.034	16026	13195	4580	222	-44	300
	36.0-41.0	5.0	1.79	0.052						
	245.0-247.7	2.7	3.75	0.109						
IGM02-02	58.2-59.2	1.0	19.43	0.567	16027	13196	4580	231	-66	231
	119.0-120.0	1.0	69.04	2.014						
	197.0-198.3	1.3	1.05	0.031						
IGM02-03	83.5-87.5	4.0	3.88	0.113	15390	13370	4650	180	-45	160
IGM02-04	76.7-79.0	2.3	2.98	0.087	15390	13370	4650	1	-56	530
	101.3-107.3	6.0	6.96	0.203						
	137.0-139.5	2.5	3.17	0.092						
	191.0-195.0	4.0	1.32	0.039						
	199.8-205.0	5.2	1.23	0.036						
	299.5-301.5	2.0	4.75	0.139						
	312.4-321.0	8.6	5.31	0.155						
	362.3-368.5	6.2	2.84	0.083						

