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**Subject:** Eagle Plains Releases Phase-One Results from Sphinx Drilling Program  
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## NEWS RELEASE

### Eagle Plains Releases Preliminary Results From Phase-One Drilling Program at Sphinx Molybdenum Project

**Cranbrook, B.C. 19 July, 2005: Eagle Plains Resources Ltd.**

(EPL: TSX-V) has completed Phase 1 drilling activity on it's 100% controlled **Sphinx** property, located 60 km west of Kimberley, BC. The claims consist of a total area of 2500 ha, with 1600 ha acquired by staking by EPL and 900 ha subject to an option to earn 100% interest (less 1% NSR) from arms-length individuals. A total of 14 holes were completed for a total of 10,921' (3,330m). The area outlined by this and past diamond drilling programs measures approximately 400 x 1000m.

#### Highlights

- Nearly all holes intersect significant molybdenum mineralization over a broad area, with mineralized zone open to depth and along strike in one direction.
- Analytical results include 47.0m grading .10% Mo (0.167% MoS<sub>2</sub>).
- Surface work continues on the property in preparation for Phase 2 drilling activity

#### Current Program:

The drill program was successful in outlining molybdenum mineralization in an area with excellent infrastructure. A project summary and detailed maps may be viewed at the [Sphinx Project](#) page on our website. A summary of analytical data from the first 7 holes of the program follows:

<u>Hole</u>	<u>Dip/Orientation/Total</u>	<u>Depth</u>
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<b>SX05001</b>	<b>45/270/340.9m</b>	(hole ended in mineralization)		
<b>Interval</b>		<b>Length (m)</b>	<b>Mo%</b>	<b>MoS2%</b>
4.0 to 340.9m	(entire hole)	336.9m	0.033	0.055
Including:	25.0 to 44.0	19.0m	0.060	0.100
	96.0 to 118.0m	22.0m	0.050	0.084
Including	96.0 to 101.0m	5.0m	0.112	0.187
	288.0 to 318.0m	30.0m	0.066	0.109
Including	292.0 to 318.0m	26.0m	0.070	0.117

**Dip/Orientation/Total**

<b><u>Hole</u></b>	<b><u>Depth</u></b>			
<b>SX05002</b>	<b>75/270/231.1m</b>	(hole ended in mineralization)		

<b>Interval</b>		<b>Length (m)</b>	<b>Mo%</b>	<b>MoS2%</b>
3.0 to 231.1m	(entire hole)	228.1m	0.036	0.066
Including:	51.0 to 159.0m	108.0m	0.060	0.101
Including:	110.0 to 159.0m	47.0m	0.100	0.167
Including:	121.0 to 128.0m	7.0m	0.308	0.514

**Dip/Orientation/Total**

<b><u>Hole</u></b>	<b><u>Depth</u></b>			
<b>SX05003</b>	<b>45/090/173.2m</b>			

<b>Interval</b>		<b>Length (m)</b>	<b>Mo%</b>	<b>MoS2%</b>
9.0 to 106.0m		97.0m	0.012	0.020
Including:	37.0 to 52.0m	15.0m	0.021	0.035

**Dip/Orientation/Total**

<b><u>Hole</u></b>	<b><u>Depth</u></b>			
<b>SX05004</b>	<b>45/270/136.6m</b>			

No significant results

**Dip/Orientation/Total**

<b><u>Hole</u></b>	<b><u>Depth</u></b>			
<b>SX05005</b>	<b>45/270/391.7m</b>	(hole ended in mineralization)		

<b>Interval</b>		<b>Length (m)</b>	<b>Mo%</b>	<b>MoS2%</b>
7.1m to 391.7m	(entire hole)	384.6m	0.029	0.048

Including:	193.0 to 245.0m	52.0m	0.051	0.086
Including:	193.0 to 210.0m	17.0m	0.063	0.106
	375.0 to 382.0m	7.0m	0.101	0.168

	<b><u>Dip/Orientation/Total</u></b>			
<b><u>Hole</u></b>	<b><u>Depth</u></b>			
<b>SX05006</b>	<b>45/270/359.1m</b>			

<b>Interval</b>		<b>Length (m)</b>	<b>Mo%</b>	<b>MoS2%</b>
6.1 to 309.0m		302.9m	0.021	0.035
Including:	114.0 to 239.0m	125.0m	0.030	0.049
	204.0 to 223m	19.0m	0.060	0.103
Including:	208.0 to 220.0m	12.0m	0.078	0.130

	<b><u>Dip/Orientation/Total</u></b>			
<b><u>Hole</u></b>	<b><u>Depth</u></b>			
<b>SX05007</b>	<b>50/090/240.2m</b>			

<b>Interval</b>		<b>Length (m)</b>	<b>Mo%</b>	<b>MoS2%</b>
6.0 to 100.0m		94.0m	0.029	0.048
Including:	36.0 to 55.0m	19.0m	0.061	0.102
Including:	43.0 to 54.0m	11.0m	0.085	0.141

Results from holes 8-14 will be released as they are received, compiled and interpreted. Crews are currently working to expand the soil geochemical coverage area and complete geological mapping based on new interpretations generated by Phase One drilling. Additional diamond drilling is planned for the project later in the season.

### **Infrastructure**

The claims are ideally located with respect to local infrastructure. The property is road-accessible, has been logged extensively and is situated along a high-voltage hydro-electric line. Rail facilities are located 60km east of the property.

### **History**

The project area was first identified by Cominco Ltd. in 1978, which carried out surface work and limited diamond drilling from 1978 to 1984. Cominco completed a soil geochemical survey which resulted in the delineation of a 1700m x 500m tungsten-moly anomaly. 5 drill holes were completed by Cominco, but no results were released. In 1997, Barkhor Resources drilled 10 holes into the soil anomaly and encountered significant molybdenum