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Subject: Eagle Plains Releases Drill Results from Sphinx Molybdenum Project
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News Release

Eagle Plains Releases Final Results From Phase-One Drilling Program on Sphinx Molybdenum Project

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Cranbrook, B.C. 25 October, 2005: Eagle Plains Resources Ltd. (EPL: TSX-V) has completed Phase One drilling activity on its 100% controlled Sphinx property, located 60 km west of Kimberley, BC. The claims consist of 2500 ha, with 1600 ha acquired by staking by EPL and 900 ha subject to an option to earn 100% in NSR) from arms-length individuals. A total of 14 holes were completed for a total of 10,921' (3,330m). This and past diamond drilling programs measure approximately 400 x 1000m.

Highlights

- Most holes intersect significant molybdenum mineralization over a broad area, with mineralized zones along strike in one direction.
- Analytical results include 47.0m grading .10% Mo (.167% MoS₂).
- 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 iron. Project summary and detailed maps may be viewed at www.eagleplains.ca under "B.C. Projects". Analytical data from the first 7 holes was released on July 19th. Complete results to date are shown below:

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

<u>Hole</u>	<u>Dip/Orientation/Total</u>	<u>Depth</u>
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SX05002	75/270/231.1m	(hole ended in mineralization)	
Interval		Length (m)	Mo%
3.0 to 231.1m	(entire hole)	228.1m	0.036
Including:	51.0 to 159.0m	108.0m	0.060
Including:	110.0 to 159.0m	47.0m	0.100
Including:	121.0 to 128.0m	7.0m	0.308

Dip/Orientation/Total

<u>Hole</u>	<u>Depth</u>		
SX05003	45/090/173.2m		
Interval		Length (m)	Mo%
9.0 to 106.0m		97.0m	0.012
Including:	37.0 to 52.0m	15.0m	0.021

Dip/Orientation/Total

<u>Hole</u>	<u>Depth</u>
SX05004	45/270/136.6m
No significant results	

Dip/Orientation/Total

<u>Hole</u>	<u>Depth</u>		
SX05005	45/270/391.7m	(hole ended in mineralization)	
Interval		Length (m)	Mo%
7.1m to 391.7m (entire hole)		384.6m	0.029
Including:	193.0 to 245.0m	52.0m	0.051
Including:	193.0 to 210.0m	17.0m	0.063
	375.0 to 382.0m	7.0m	0.101

Dip/Orientation/Total

<u>Hole</u>	<u>Depth</u>		
SX05006	45/270/359.1m		
Interval		Length (m)	Mo%
6.1 to 309.0m		302.9m	0.021
Including:	114.0 to 239.0m	125.0m	0.030
	204.0 to 223m	19.0m	0.060
Including:	208.0 to 220.0m	12.0m	0.078

Dip/Orientation/Total

<u>Hole</u>	<u>Depth</u>		
SX05007	50/090/240.2m		
Interval		Length (m)	Mo%
6.0 to 100.0m		94.0m	0.029
Including:	36.0 to 55.0m	19.0m	0.061
Including:	43.0 to 54.0m	11.0m	0.085

Dip/Orientation/Total

<u>Hole</u>	<u>Depth</u>	
SX05008	45/90/215.85m	No significant results

<u>Dip/Orientation/Total</u>			
<u>Hole</u>	<u>Depth</u>		
SX05009	45/270/237.2m	(hole ended in mineralization)	
Interval		Length (m)	Mo%
24.0 to 237.2m (entire hole)		213.2m	0.026
Including	133.0 to 145.0	12.0m	0.042

<u>Dip/Orientation/Total</u>			
<u>Hole</u>	<u>Depth</u>		
SX05010	45/090/148.8m		
Interval		Length (m)	Mo%
12.0 to 43.0m		31.0m	0.032
Including:	19.0m to 23.0m	4.0m	0.060

<u>Dip/Orientation/Total</u>			
<u>Hole</u>	<u>Depth</u>		
SX05011	50/270/157.9m		
Interval		Length (m)	Mo%
47.0m to 48.0m		1.0m	0.033

<u>Dip/Orientation/Total</u>			
<u>Hole</u>	<u>Depth</u>		
SX05012	45/270/310.3m		
Interval		Length (m)	Mo%
3.0m to 188.0m		185.0m	0.044
Including:	106.0 to 151.0m	45.0m	0.066
Including:	139.0 to 150.0m	11.0m	0.103

<u>Dip/Orientation/Total</u>			
<u>Hole</u>	<u>Depth</u>		
SX05013	45/90/218.9m	No significant results	

<u>Dip/Orientation/Total</u>			
<u>Hole</u>	<u>Depth</u>		
SX05014	45/270/168.0m	No significant results	

Infrastructure

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

History

The project area was first identified by Cominco Ltd. in 1978, which carried out surface work and li drilling from 1978 to 1984. Cominco completed a soil geochemical survey which resulted in the delineatio 500m tungsten-moly anomaly. 5 drill holes were completed by Cominco, but no results were released. In Resources drilled 10 holes into the soil anomaly and encountered significant molybdenum mineralization (300m area. Results from only one hole were ever released (DDH J197-06), but a private consultant report *drill intersections are averaging 0.03-0.038% Mo over core lengths ranging from 90 to 230m*". At 1 Barkhor drill program, molybdenum sold for \$ 5.00 US per pound - the metal is currently priced at \$32.2 (October 19th price).

Geology

The property overlies brittle sedimentary units that have been intruded by intrusive rocks. Molybdenum tungsten mineralization occurs as disseminations and within quartz-pyrite stockwork veins hosted by bc and intrusive rocks. Chemical alteration of rock units suggests the presence of a substantial porphyry-sty system.

Current Program

EPL has consolidated a large land package which includes all significant claims in the area, including lar mine infrastructure and tailings areas. In 2004, EPL completed an airborne geophysical survey that c intrusive feature associated with the previously-defined soil anomaly. All core from the 1980-83 and 199 been secured and examined - available assay results have been compiled and interpreted, and were repc release issued May 9th, 2005. Geological mapping, prospecting and soil geochemistry has been completed appear prospective for the subsurface continuation of existing mineralization.

Future Work

All drill data from the 2005 program will be entered into a database and an inferred resource calculation v and released during the winter months. Additional drilling is planned for the property for 2006. A 1.5km e has recently been completed in order to provide access to future drill sites.

On-site geological work is the responsibility of David Pighin, P.Geo., with overall project supervision pr Downie, P.Geo. (the "Qualified Person" under National Instrument 43-101). Quality control protocol inclt standards and duplicate assays were employed throughout the course of the 2005 program.

Other Projects

Diamond Drilling programs have been completed on EPL's **Copper Canyon** gold-copper project and **Creek** gypsum project. At Copper Canyon, option partner NovaGold Inc. (AMEX,TSX:NG) has complete a total of 729.8m (2394'). At Coyote Creek, EPL has completed 10 holes for a total of 437.5m (1435'). issued when they are received, compiled and interpreted.

Eagle Plains Resources continues to conduct research, acquisition and exploration projects in western Company controls over 30 gold and base-metal projects, many of which with third parties including Amarc Resources Ltd. (AMEX,TSX:NG), Amarc Resources Ltd. (a Hunter Dickinson Group Company;TSX-V:AH Continental Resources Inc. (TSX-V:NCR), and **Golden Cariboo Resources Inc.** (TSX-V:GCC). The expose Eagle Plains to over \$16.5 million in exploration expenditures over the next five years. In rece Plains has completed option agreements with **Billiton Metals**, **Rio Algom Exploration**, **Kennecot Viceroy Resource Corp.** and numerous other junior exploration companies, resulting in over 30,000n drilling and over \$9,000,000 in exploration spending on its projects since 1998. During the 2005 season seen over 11,300m (37,000') of diamond drilling on its properties.

On behalf of the Board of Directors

Signed,

"Tim J. Termuende"
President and CEO

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