

Northern Continental Resources Inc

NCR – TSX Venture Exchange

New Acquisition – ABO Property

Northern Continental recently acquired the **ABO Gold Project**; located on Bear Mountain near the Village of Harrison Hot Springs (photograph inset), 130 kilometers by paved road from Vancouver, in southwestern British Columbia. The property consists of 76 mineral claims (4600 acres).



property in the 1980's and completed much of the underground drifting and drilling. Northern Continental retained Barry Price P.Eng. to re-evaluate the resource using National Instrument 43-101 guidelines. The Geological Technical Report on the **ABO Gold Project** was completed in December 2002 and provided the following estimate:

Historic Work

The property has had little work in the past 6 years; in fact the property was allowed to lapse in 2000 and was re-staked by Eagle Plains Resources Ltd.

The approximately seven million dollars in past work that has been completed on the **ABO Gold Project** is as follows:

- 146 surface and underground diamond drill holes (13,956 meters),
- 2 underground adits, with raises and sublevels,
- 215 kilometer airborne and surface geophysics,
- Surface geological mapping
- Soil geochemistry on a grid
- 1053 tonne bulk sample
- Metallurgical testing
- Feasibility study

Resource Estimate

The original Resource Calculation was completed by Kerr Addison who worked the

Indicated Resource: 1.8 million tonnes grading 2.79 g/t Au containing 165,488 ounces of gold; and

Inferred Resource: 613,000 tonnes grading 2.79 g/t Au containing 55,000 ounces of gold.

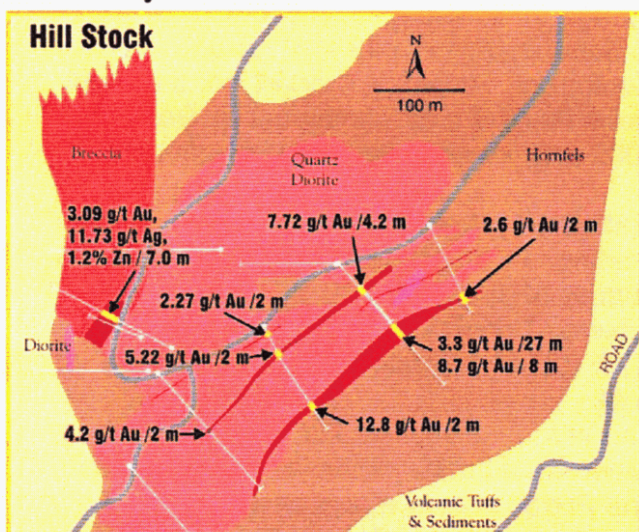
This resource is located on two of the known mineralized quartz diorite intrusions (Jenner and Portal) shown in pink on the maps. An example of drill results reported from the Portal Zone is 30 meters averaging 3.17 g/t Au. An example of the drill results from the Jenner Zone intrusion is 64 meters grading 3.77 g/t Au.

Geological Information

The Jenner and Portal zones are at the north end of the property. At the south end, another mineralized intrusion outcrops (Hill Zone) has a breccia pipe adjacent to the intrusion. The assay results from some of these holes are outlined on the maps and are summarized in a table. A fourth intrusion

(Lake Zone) has some gold intersections but has had very little work on it.

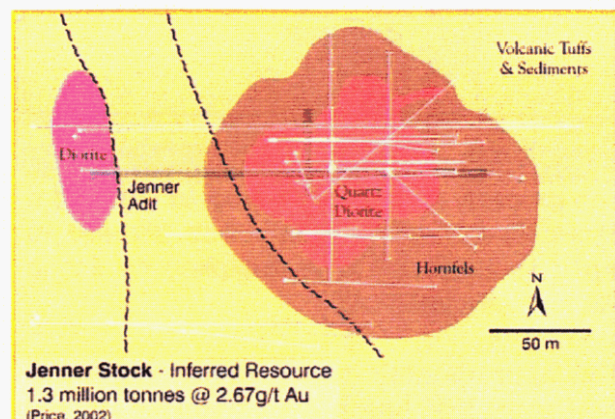
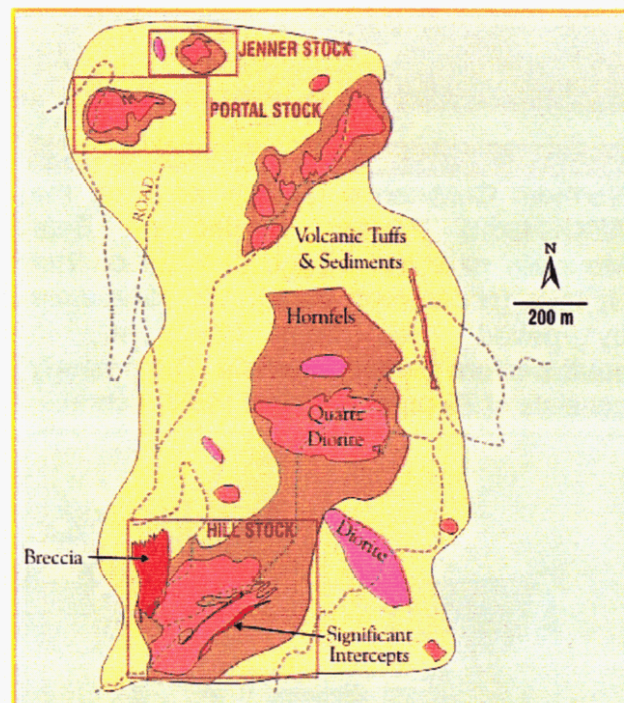
The Hill Zone intrusion at the southern part of the map has numerous significant intersections that are associated with quartz veins in the quartz diorite. These drill holes have not been estimated in the resource calculation. Further drilling in this area is warranted. Once continuity is indicated, then a resource re-evaluation will be necessary. Access to the 2 main areas underground will secure year round drilling enabling the company to obtain sufficient data to improve the resource calculation. The quartz veins that host the free gold have a shallow dip and are associated with bismuth and tellurium. There are trace amounts of sulphides in the ore. The metallurgical testing indicates that 95% gold recoveries are easily obtainable.



Drill Hole Data

The following table shows a few of the drill assays:

Width (m)	Au (g/t)
7.0	3.09
4.2	7.72
2.0	2.6
2.0	12.8
2.0	2.27
27.0	3.30
2.0	5.22
2.0	4.2



Corporate Information

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Symbol **NCR** TSX Venture Exchange
Outstanding - 8.92 million
Fully diluted - 12.22 million

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