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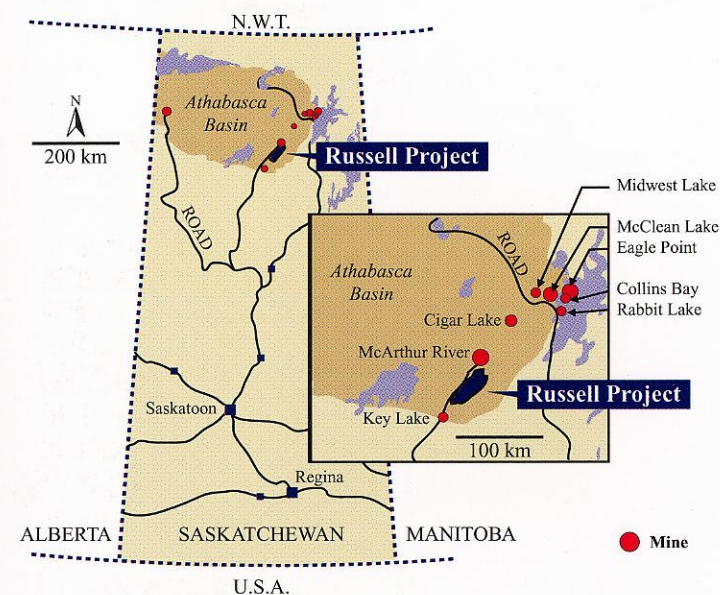
NORTHERN CONTINENTAL RESOURCES INC.

RUSSELL PROJECT • ABO GOLD PROJECT • LCR PROJECT

THE RUSSELL PROJECT

The Russell Project is 100% owned by the Company and consists of 39,378 hectares (97,305 acres).

The Company commissioned an independent compilation of previous drilling and geophysical surveys over the Russell Project. The objective was to identify and prioritize potential targets for discovery of high grade uranium deposits. Historic exploration by SMDC (the predecessor to Cameco Corporation) and Northern Continental Resources Inc. has focused upon the Grayling Zone where seven drill holes have intersected sub-economic uranium mineralization over a strike length of 800 meters (up to 3.45% U₃O₈/0.3m and 0.4% U₃O₈ over 3.75m).

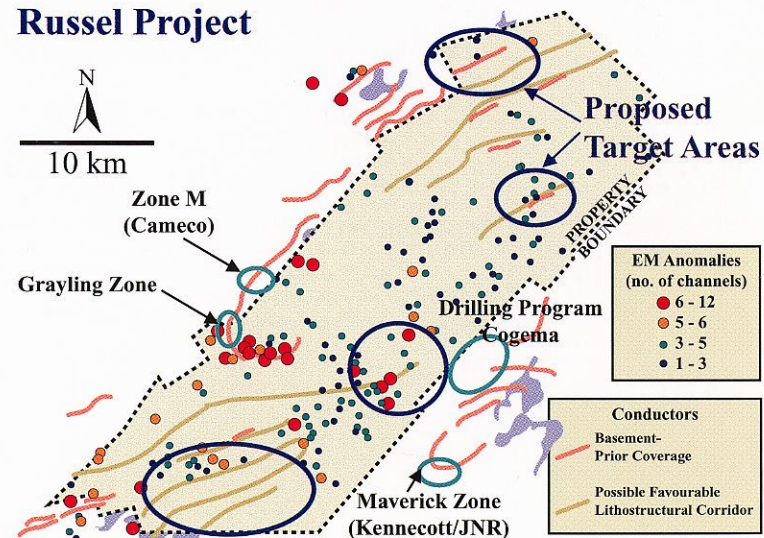


The Russell Project is located in a prime area for the discovery of high grade unconformity type uranium deposits and is midway between the recently closed Key Lake uranium mine and McArthur River, the world's largest, high grade producing uranium mine. McArthur River contains proven and probable reserves of 395 million lbs U₃O₈ at an average grade of 21%. Previous discoveries of uranium mineralization are known on three claims immediately adjacent to the Russell Project. Zone M (0.8% U₃O₈/5.8m including 2.6% U₃O₈/0.7m) and Moore Lake/Maverick Zone (0.44% U₃O₈/9.2m) occurrences are located west and east respectively of the property. The Harrigan Zone (0.52% U₃O₈/5.3m), a basement hosted uranium occurrence, is located near the northeast boundary of the property.

Favorable litho structural corridors, evidenced by aeromagnetic lows and linears, occur in the southern and northern portions of the Russell property. Basement conductor targets have been detected in the north and central areas and are inferred to extend into the southwestern project area. Effective TEM surveys have been conducted with success over portions of the favorable target areas in the north, but with no drill testing.

The Russell Project outside of the small area of the Grayling Zone is largely unexplored or under explored while holding strong potential for the discovery of high grade unconformity type uranium deposits. On the basis of a 1993 GEOTEM airborne survey and prior drill results four areas are identified for further exploration.

Russel Project



BUDGET	
PHASE 1	
• Line Cutting – 50 km	
• Electromagnetic surveys.....	\$80,000
PHASE 2	
• Diamond Drilling –	
– 10 holes approx 3,600 meters	\$400,000
TOTAL	\$480,000

ABO PROPERTY

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

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:

- 46 surface and underground diamond drill holes (13,956 metres)
- 2 underground adits, with raises and sublevels
- 216 kilometres of airborne and surface geophysics
- Surface geological mapping
- Soil geochemistry on a grid
- 1053 tonne bulk sample
- Metallurgical study
- Reserve study

RESOURCE ESTIMATE:

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

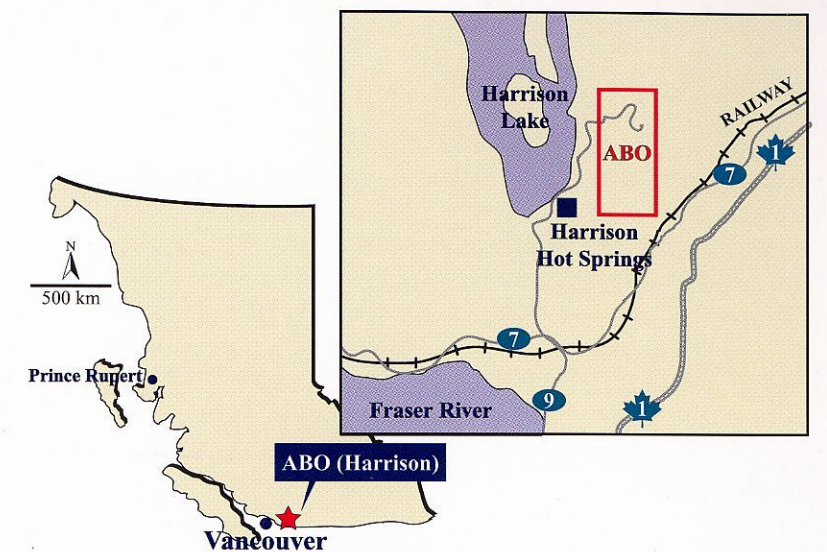
INDICATED RESOURCE : 1.8 million tonnes grading 2.79 g/t au containing 165,488 ounces of gold and

INFERRED RESOURCE : 613,000 tonnes grading 2.79 g/t au containing 55,000 ounces of gold.

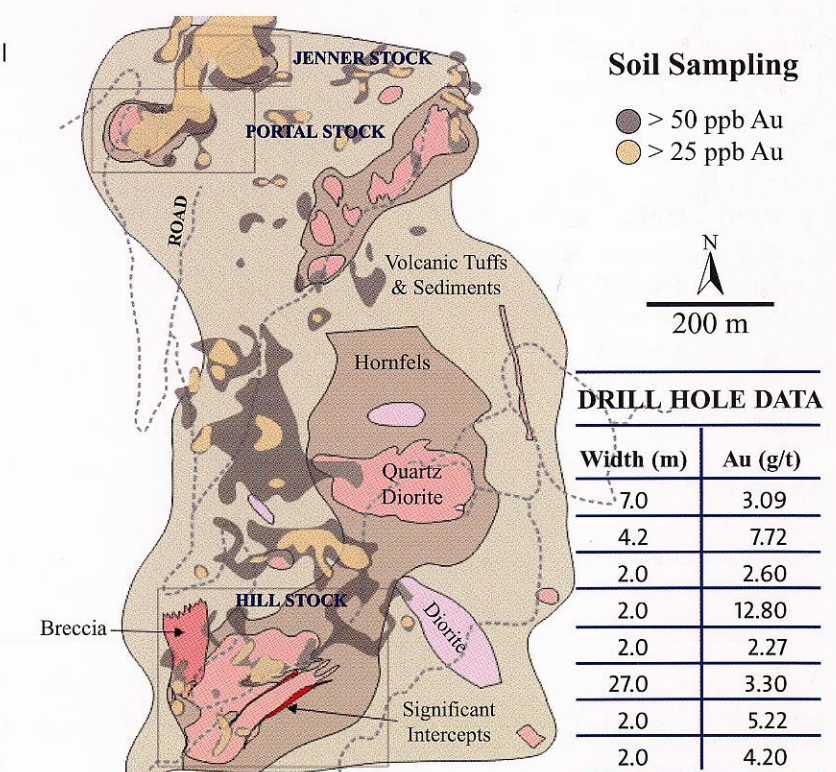
This resource is located on two of the known mineralized quartz diorite intrusions (Jenner and Portal) shown in pink on the map. An example of drill results reported from the Portal Zone is 30 metres averaging 3.17 g/t au. An example of the drill results from the Jenner Zone intrusion is 64 metres grading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

GEOLOGICAL INFORMATION:

The Jenner and Portal zones are at the north end of the property. At the south end, another mineralized intrusion (Hill Zone) has a breccia pipe adjacent to the intrusion. The assay results from some of these holes are summarized in the table below. A fourth intrusion (Lake Zone) has some gold intersections but has had very little work on it.



The Hill Zone intrusion at the southern apart 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.



Soil Sampling

- > 50 ppb Au
- > 25 ppb Au

DRILL HOLE DATA

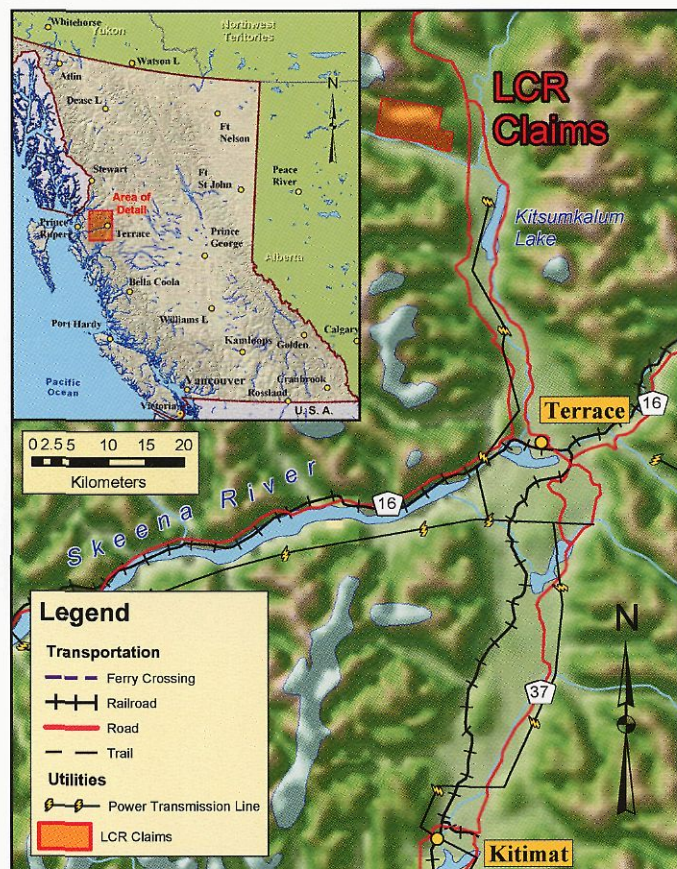
Width (m)	Au (g/t)
7.0	3.09
4.2	7.72
2.0	2.60
2.0	12.80
2.0	2.27
27.0	3.30
2.0	5.22
2.0	4.20

LCR PROJECT

Northern Continental Resources signed a letter of intent with Eagle Plains Resources, announced January 15, 2004, to earn up to a 75 percent interest in the LCR mineral claims located 40 kilometres north of Terrace, in west-central British Columbia. The road-accessible claims consist of 180 units (10,900 acres) and are located two kilometres north of EPL's 100-percent-owned Kalum project, with existing hydroelectric lines situated five kilometres to the east.

The LCR claims overlie an area with geological and geochemical similarities to Eagle Plains' Kalum property. A prominent airborne geophysical anomaly is associated with a 1.5-kilometre-by-4.5-kilometre Cretaceous-aged granitic intrusive stock hosted by Bowser basin sedimentary rocks. B.C. Government sampling of streams draining the intrusive body show enrichment in gold, silver, copper, arsenic and other elements associated with intrusive-hosted gold deposits such as Pogo and Fort Knox. Very limited historical exploration has been completed in the area. The most recent was undertaken by Amax Exploration in 1980 who were exploring for porphyry copper-molybdenum deposits. Its work reported that "abundant quartz veins occur over an area of at least 1,500 by 1,000 metres" with sulphides reported in about 20 per cent of the veins. None of the Amax samples were analyzed for gold.

Eagle Plains and Northern Continental plan an aggressive program on the LCR property during 2004. An airborne geophysical program will be completed in the spring of 2004, concurrently with a survey on the larger Kalum claim-block.



CORPORATE INFORMATION

DIRECTORS

Charlie O'Sullivan, Chairman
Frank Callaghan, President
Ken Maddison
Alan Crawford
Frank Bradley, CFO

HEAD OFFICE

15th Floor, 675 West Hastings St.
Vancouver, British Columbia
Canada V6B 1N2
Tel : 604-669-6463
Fax : 604-669-3041
Toll Free : 1-800-663-9688

SHARE INFORMATION



TSX VENTURE EXCHANGE
Trading Symbol "NCR"

Shares Outstanding - 18,907,964

Northern Continental Resources Inc.

1500, 675 West Hastings Street, Vancouver British Columbia, Canada V6B 1N2

Telephone: 604 669-6463

Facsimile: 604 669-3041

Toll Free: 800 663-9688

Web: www.northern-continental.com

TSX Venture Exchange
Trading Symbol: "NCR"

News Release 04-11 **Phase One Work Program to** **Begin on Russell Uranium Project**

September 16, 2004

The Board of Directors of Northern Continental Resources Inc. (the Company) is pleased to provide an update on the 100 percent owned Russell Uranium Project located within the eastern Athabasca Basin of north-central Saskatchewan. The 39,378-hectare (97,305 acre) claim group contiguous by Cameco Corp. to the North and West and Cogema to the South and International Uranium Corporation and JNR Resources Ltd. to the East encompasses an area of approximately 12 by 40 km on strike between the former producing Key Lake uranium deposit (195 million pounds grading 2.5% U_3O_8) and the presently producing McArthur River deposit (483 million pounds grading 15% U_3O_8). 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 Russell Project phase one work program, budgeted at \$480,000, will include diamond drilling, line cutting and electromagnetic (EM) surveys over four target areas (A, B, C & D). The Company will conduct at least 3,600 meters of diamond drilling in 10 holes, budgeted at \$400,000. A program of line cutting (60 km) and electromagnetic surveys budgeted at \$80,000 will precede drilling and assist in confirming set-up locations.

Favorable lithostructural corridors evidenced by aeromagnetic lows and linears, occur in the southern and northern portions of the Russell Property. Basement conductor targets have been detected in the north and central areas (targets A through C) and are inferred to extend into the southwestern project area (target D). The work program will include 2 diamond drill holes and approximately 12 km of line cutting and EM surveys in each of the targets A through C. Four diamond drill holes and 24 km of line cutting and EM surveys will be completed in target D (see map enclosure or view map on the "News Release" section of the Company's website listed above).

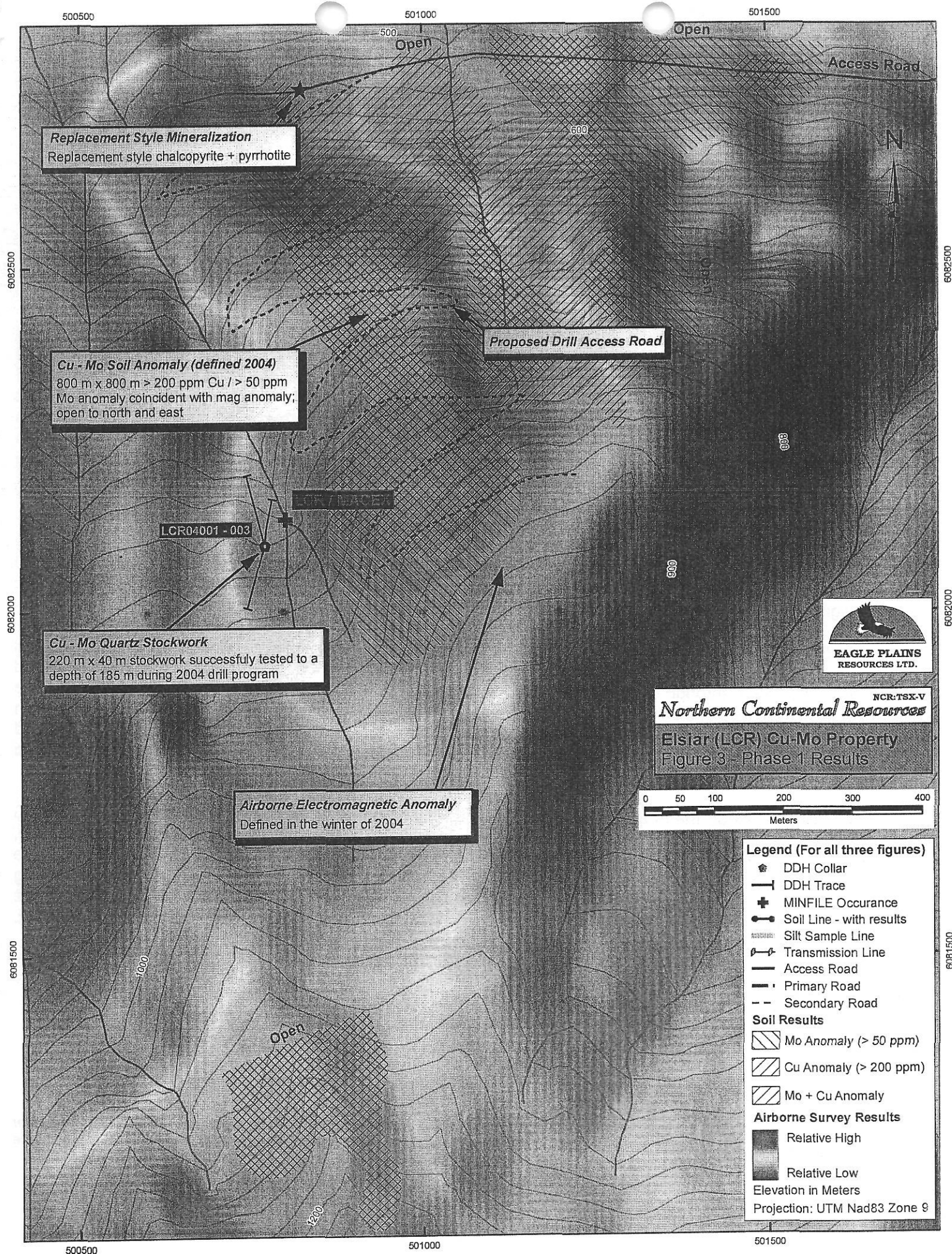
Previously drilled holes on the Grayling conductor on the Russell property, assaying up to 3.5% U_3O_8 over 0.3 meters, intersected the basal Athabasca Group unconformity at about 320 - 350 meters below surface, considerably shallower than the McArthur River (500 - 550 m) and Cigar Lake (410 - 450 m) deposits. Like major deposits in the region, this mineralization is in proximity to the unconformity and within a zone of strong structural deformation and hydrothermal alteration. The association of mineralization with a basement wedge thrust over the unconformity is in keeping with the McArthur River unconformity-type deposit. Lithogeochemical analyses indicate that the uranium mineralization is associated with elevated Cu, Ni, Pb, Zn, Co, As and V suggesting a similarity with the Key Lake unconformity uranium deposit.

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 informational contained herein



Northern Continental Resources Inc.

15th Floor, 675 West Hastings Street, Vancouver British Columbia, Canada V6B 1N2

Telephone: 604 669-6463

Facsimile: 604 669-3041

Toll Free: 800 663-9688

Web: www.northern-continental.com

TSX Venture Exchange

Trading Symbol: "NCR"

March 1, 2005

NEWS RELEASE 05-02

Northern Continental begins Abo program

Northern Continental Resources Inc. (NCR) and option partner Eagle Plains Resources Ltd. (EPC) have initiated a 1,200-metre (4,000-foot) \$200,000 diamond drilling program on the Abo gold project, located five kilometers north of Harrison Hot Springs, approximately 100 kilometers east of Vancouver, B.C.

The central area of the property consists of 76 units (1,900 hectares) owned 100 per cent by EPL, and subject to an option agreement whereby NCR may earn a 60-per-cent interest in the claims by completing \$3-million in exploration expenditures and issuing 1.2 million shares over five years. An additional 84 contiguous claim units were subsequently acquired by staking and are held 100 per cent by NCR. Hydroelectric power, natural gas and rail service are located within three kilometers of property boundaries.

Exploration work includes mapping, soil sampling, ground-based geophysics, 444 meters of underground development work and a total of 13,856 meters (45,448 feet) of diamond drilling. Barry Price, P.Geo, in 2002 prepared a National Instrument 43-101-compliant resource estimate that outlines an indicated resource on the property of 1,845,000 tonnes grading 2.79 grams per tonne (g/t) Au containing 165,000 ounces of gold and an inferred resource of 600,000 tonnes grading 2.8 g/t Au containing 55,000 ounces of gold in the Jenner and Portal zones, which are open to depth. The focus of the 2005 program is to carry out work in the Portal stock area in addition to exploration drilling of the Hill and Breccia zones, and untested soil geochemical anomalies and geophysical features outlined during a 2001 airborne geophysical survey flown by Eagle Plains.

The most recent systematic work program completed on the property occurred in 2003 and consisted of 15 kilometers of road and trail rehabilitation, implementation of secure underground access, 300 meters of trenching, and 682 meters of diamond drilling in four holes. Highlights included an interval grading 14.1 g/t Au, 25.8 g/t Ag over 1.5 meters; 4.9 g/t Au over 3.9 meters; and 18 g/t Au, 31.6 g/t Ag over one meter (ABO 03-2). Drill hole ABO 03-03 reported 8.6 g/t Au and 18.7 g/t Ag over one meter and 14.2 g/t Au and 29.5 g/t Ag over 1.5 meters.

The property area has been held or optioned by various operators since the early 1970s including Abo Resources Ltd., Kerr Addison Mines Ltd. and Bema International Resources Ltd.

The current program is being carried out under the supervision of C.C. Downie, P.Geo (the qualified person), and is expected to take four to five weeks to complete.

ON BEHALF OF THE BOARD OF DIRECTORS

"J. Frank Callaghan"

J. Frank Callaghan, President

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of the information contained in this News Release.

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1500 - 675 West Hastings Street, Vancouver British Columbia, Canada V6B 1N2

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News Release 04-19

Eagle Plains/Northern Continental Receive Encouraging Results from Phase 1 Program on Elsiar (LCR) Copper/Moly Project

November 8, 2004

The Board of Directors of Northern Continental Resources are pleased to announce a preliminary exploration program including a 3-hole, 490m diamond drilling program has been completed on the **Elsiar (LCR)** property, currently under option to **Northern Continental Resources (NCR:TSX-V)** from **Eagle Plains Resources Ltd. (EPL:TSX-V)**. The 200-unit (12,000 acre) claims are located in west-central British Columbia approximately 40 km north of Terrace. The property is situated 2 km north of EPL's 100% owned **Kalum** project, and shares many geologic similarities. Property infrastructure is excellent; road access is located within claim boundaries and high-voltage hydro-electric power-lines are situated 5km east of the property.

The 2004 field program was carried out under the supervision of C.C. Downie, P.Geo., identified as a "Qualified Person" under National Instrument 43-101. All samples were analyzed by ICP geochemical methods by Acme Analytical Laboratories in Vancouver, B.C., Canada. Ore-grade values were determined by fire-assay.

The claims overlie an area containing numerous prominent airborne geophysical anomalies apparently associated with Cretaceous-aged granitic intrusive stocks hosted by Bowser Basin sedimentary rocks. BC government sampling of streams draining the inferred intrusive bodies show enrichment in gold, silver, copper, molybdenum, bismuth, arsenic and other elements associated with intrusive-related deposits.

The 2004 program focused on the most northerly geophysical anomaly, though numerous additional targets currently exist elsewhere on the property. Fieldwork consisted of a 500 line-km airborne geophysical survey, the collection of 864 soil samples, 110 stream-sediment samples and 82 rock samples. The property also saw work by geologist Mitch Mihalynuk of the BC Geological Survey as part of the Geoscience Partnership Initiative. A PDF map showing details of the project area is available at www.northern-continental.com

History:

Past work in the property area includes a geophysical survey (I.P. and magnetometer) carried out by Rio Tinto Canada Exploration in 1969, and small soil geochemical surveys completed in 1979 and 1980 by Amax Canada. Molybdenite and chalcopyrite mineralization were reported to occur in a 250 meter zone of quartz veins within bleached and sheared argillite and siltstone. Reported grades averaged 0.02 per cent molybdenum and 0.06 per cent copper (BCMPR Assessment Report 8446). The IP survey identified an

area underlain by rocks which contain an appreciable content of conductive material which was postulated to extend from surface to at least 76.2 meters. The soil geochemical surveys outlined anomalous copper and molybdenum values coincident with the known exposure of quartz veins. None of the samples were analyzed for gold.

2004 Program Results:

Geophysical survey: The 500 line-km airborne survey outlined a number of magnetic features interpreted to represent sulphide-enriched granitic intrusive bodies. These anomalies are hundreds of square meters to nine square kilometers in size.

Soil geochemical surveys outlined a prominent copper-molybdenum anomaly over an area measuring some 800m x 800m, open to the north and east. Within the anomaly area, all soil values returned from 200 ppm to 2500ppm copper, with elevated molybdenum values up to 773 ppm. Most importantly, these soil anomalies are spatially correlated with a prominent airborne magnetic anomaly.

Prospecting and geological mapping was completed over selected areas of the property, and resulted in the discovery of intense stockwork vein mineralization in sediments overlying the inferred intrusive. Grab samples returned up to 2.5% copper. Geologic mapping in the area of the soil geochemical anomalies resulted in the discovery of replacement style chalcopyrite/pyrrhotite mineralization in float located directly down slope of the anomalies. In addition, the "Shea" mineralized occurrence was discovered 1.5 km east of the soil geochemical anomaly, and is considered to be of particular significance. At the Shea, copper mineralization was located in place and found to be contained within the groundmass of the intrusive rocks. Assay results are pending.

Diamond drilling was completed in late August, and saw three holes drilled from a single set-up designed to test copper-rich stockwork vein mineralization found in rocks exposed in a nearby creek bounding the western margin of the soil anomaly area. Ore-grade copper intercepts were encountered in all holes over narrow widths, with mineralization noted throughout the entire length of the drill-holes. Due to poor ground conditions all holes were terminated in mineralized material.

Summary of drill-hole results:

DDHLCR004-001 005°/-60; length 135.7m

20.8m to 23.4m (2.6m): 990 ppm Cu
38.1m to 44.2m (6.1m): 4312 ppm Cu
Including 38.8m to 40.4m (1.6m): 1.17% Cu
115.8m to 129.5m (13.7m): 463ppm Cu

DDHLCR004-002 345°/-60; length: 212.5m

29.3m to 30.3m (1.0m): 1917 ppm Cu
104.8m to 108.8m (4.0m): 2684 ppm Cu
177.5m to 183.8m (6.3m): 800 ppm Cu
192.8m to 209.4m (16.6m): 767 ppm Cu

DDHLCR004-003 195°/-45; length: 135.6m

18.8m to 21.0m (2.2m): 833 ppm Cu, 229 ppm Mo
31.7m to 33.1m (1.4m): 1002 ppm Cu
38.3m to 39.3m (1.0m): 1520 ppm Cu
54.8m to 56.5m (1.7m): 2878 ppm Cu, 226 ppm Mo
64.6m to 66.2m (1.6m): 716 ppm Mo
108.8m to 112.2 (3.4m): 784 ppm Cu

Proposed Program:

Management of both Eagle Plains and Northern Continental are very encouraged by results obtained to date on the property. An aggressive program is currently being planned and permitting for road-construction and additional diamond drilling has been initiated. Provided permits are granted in the near future, 4-5km of roadway accessing the core of the soil geochemical anomaly will be completed in late fall of this year. A 10,000' (3000m) diamond drilling program is proposed for the target area during the 2005 field season, and will occur concurrently with reconnaissance-scale work to be conducted in other areas of the property.

NCR may earn a 60% interest in the property from EPL by issuing 1,000,000 common shares and completing \$3,000,000 in exploration expenditures over 5 years. EPL will remain operator of the project up to the completion of \$1,000,000 in exploration expenditures. The property is subject to a 2% NSR

Northern Continental Resources is an exploration company with copper, molybdenum and gold projects in British Columbia and a uranium project in Saskatchewan. In BC, the Company is exploring its prospective copper/molybdenum, LCR project north of Terrace and its ABO Gold Project outside the town of Harrison. In Saskatchewan, the company will be exploring its Russell Lake Uranium project in the Athabasca Basin with a first phase program of line cutting (60 kilometers), electromagnetic surveys and a 3600 meter diamond drill program.

On behalf of the Board of Directors,

Signed

"J. Frank Callaghan"

J. Frank Callaghan
President and CEO

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release. This news release may contain forward-looking statements including but not limited to comments regarding the timing and content of upcoming work programs, geological interpretations, receipt of property titles, potential mineral recovery processes, etc. Forward-looking statements address future events and conditions and therefore, involve inherent risks and uncertainties. Actual results may differ materially from those currently anticipated in such statements.