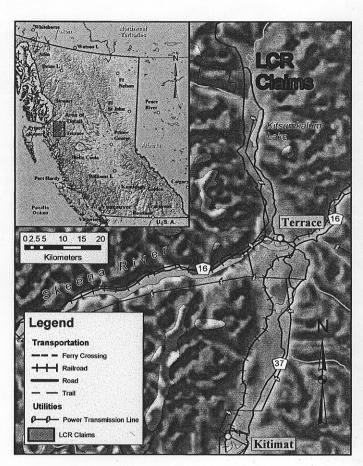
LCR PROJECT

884809 (Calgary)

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 roadaccessible 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

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SHARE INFORMATION



TSX venture EXCHANGE Trading Symbol "NCR" Shares Outstanding - 18,907,964