



FOR IMMEDIATE RELEASE
October 16, 2006

BCM Resources Corporation: Acquires Additional Ground at Shan and Lorne Properties.

BCM Resources Corporation (TSX-V: B) is pleased to announce the acquisition of additional mineral claims adjacent to two of its promising molybdenum properties in NW British Columbia.

An area of 931 hectares adjacent to the South Lorne Concession on the east was added to cover an area of intense iron oxide staining observable along the creek from the air. This red area is along strike from the known mineralization in the South Lorne Concession, with results from preliminary sampling (summer 2006) running up to 0.061% Mo, and 899 ppm Cu.

An additional 1,122.26 hectares surrounding the Shan property were acquired to cover potential related mineralization outside the current concession, especially north of Shannon creek. Work done by Rio Tinto Canada in 1980 indicated additional mineralization north of Shannon creek, with mineralized outcrops and anomalous molybdenum values in soils.

Qualified Person

Lindsay Bottomer P.Geol., who is a Qualified Person as defined in NI 43-01, has reviewed the technical content of this news release. The surface sample assays were done at ACME Analytical Laboratories Ltd.

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Forward Looking Statements: *Statements in this news release are forward-looking statements. Forward-looking statements include without limitation, statements regarding the company's plans, goals or objectives and future completion of mine feasibility studies, mine development programs, capital and operating costs, production, potential mineralization and reserves, exploration results and future plans and objectives of BCM. Forward-looking statements can generally be identified by the use of forward-looking terminology such as "may," "will," "expect," "intend," "estimate," "anticipate," "believe," or "continues" or the negative thereof or variations thereon or similar terminology. There can be no assurance that such statements will prove to be accurate and actual results and future events could differ materially from those anticipated in such statements. Important factors that could cause actual results to differ materially from expectations include risks associated with mining generally and pre-development stage projects in particular including but not limited to changes in general economic conditions, litigation, legislative, environmental and other judicial, regulatory, technological and operational difficulties, labor relations matters, foreign exchange costs & rates. Potential investors should conduct their own investigations as to the suitability of investing in securities of BCM.*