

FOR IMMEDIATE RELEASE December 19, 2007

## BCM Resources: Completes Phase 3 Drill program at Shan Molybdenum Discovery

BCM Resources Corporation (TSX-V: B) announces that it has completed the Phase 3 diamonddrill program at its Shan Molybdenum Discovery located 20 km. NE of Terrace, B.C.

The original Phase 3 plans were to drill a minimum of 8 holes totaling approximately 2500 meters. 4 holes were to be drilled in the Triangle Zone at Shan South with 4 holes to be drilled at Shan North.

5 holes totaling approximately 1100 meters were drilled in the Triangle Zone at Shan South.

At Shan North, due to positive visual results of the first 4 holes drilled, it was decided to build a small winter-camp and expand the drill program. 11 diamond-drill holes were completed totaling approximately 2500 meters.

All told, the Phase 3 drill program consisted of 16 diamond-drill holes totaling approximately 3600 meters.

Photos of the drill core have been posted to the Company's website.

Assay results are pending. All assay work is conducted at Acme Analytical Laboratories in Vancouver B.C. Qualified Person: Daryl Hanson, P.Eng. who is a Qualified Person as defined in NI 43-101, has reviewed the technical content of this news release.

Contact: Dale McClanaghan President & CEO 604.646.0144 www.bcmresources.com

The TSX Venture Exchange does not accept responsibility for the adequacy or accuracy of this release.