



FOR IMMEDIATE RELEASE

August 31, 2016

BCM Resources Corporation provides update on Thompson Knolls Option Agreement

Vancouver, BC - BCM Resources Corporation (TSX-V: B), the "Company" announces that Inland Explorations Ltd. ("Inland"), has agreed to extend the closing of the Thompson Knolls option agreement until Dec 31, 2016.

BCM Resources Corp has entered into an option agreement to acquire up to 60% interest in Inland's drill-ready Thompson Knolls Copper, Gold & Silver Property ("TK Property") located in central Utah's Great Basin, one of the premier metallogenic provinces in the world. The TK Property is located in Millard County, Utah and consists of 125 federal unpatented mineral claims and two State Section Leases, comprising 3,465 acres (1,402 ha).

Inland Explorations Ltd. ("Inland"), a non-reporting issuer, is related to the Company by way of three common directors, all of whom hold shares in Inland and two of which are officers of both companies. The proposed Option Agreement is non arm's length and Closing (on or before August 31, 2016) is subject to receipt of all requisite regulatory and other approvals, including the approval of the TSX Venture Exchange.

About BCM Resources Corporation:

BCM Resources Corporation is a diversified Canadian mineral exploration company focused on identifying, acquiring, advancing, and joint venturing prospective Copper, Gold, and Molybdenum exploration projects in British Columbia and Utah. BCM Resources is managed by experienced and successful board members and advisors. For further information, including area maps, sections, and photos, please visit our web site at www.bcmresources.com or contact us by e-mail at info@bcmresources.com.

ON BEHALF OF THE BCM BOARD OF DIRECTORS

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Caution Concerning Forward-Looking Statements

This news release and related texts and images on BCM Resource Corporation's and Inland Explorations Ltd.'s websites contain certain "forward-looking statements" including, but not limited to, statements relating to interpretation of mineralization potential, drilling and assay results, future exploration work, and the anticipated results of this work. Forward-looking statements are statements that are not historical facts and are subject to a variety of risks and

uncertainties which could cause actual events or results to differ materially from those reflected in the forward-looking statements, including, without limitation: risks related to fluctuations in metals prices; uncertainties related to raising sufficient financing to fund the planned work in a timely manner and on acceptable terms; changes in planned work resulting from weather, logistical, technical, governmental, social, or other factors; the possibility that results of work will not fulfill expectations and realize the perceived potential of the company's projects; uncertainties involved in the interpretation of sampling and drilling results and other tests; the possibility that required permits and access agreements may not be obtained in a timely manner; risk of accidents, equipment breakdowns or other unanticipated difficulties or interruptions; the possibility of cost overruns or unanticipated expenses in these work programs.

Forward-looking statements contained in this release are based on the beliefs, estimates, and opinions of management on the date the statements are made. There can be no assurance that such statements will prove accurate. Actual results may differ materially from those anticipated or projected. BCM Resources Corporation undertakes no obligation to update these forward-looking statements if management's beliefs, estimates, opinions, or other factors, should change.

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