



FOR IMMEDIATE RELEASE

October 17, 2019

BCM Resources Receives Extension on Thompson Knolls, Utah Property Option from Inland Explorations Ltd

Vancouver, BC, October 17, 2019 - *BCM Resources Corporation (TSX-V: B)*, the "Company" is pleased to announce that BCM has received a one year extension of its Option Agreement to conduct exploration on the Thompson Knolls, Utah property from its partner Inland Explorations. The Thompson Knolls porphyry Cu-Au project is situated in Millard County, Utah, 210 Km southwest of the Bingham Canyon porphyry copper-gold- molybdenum mine of Rio Tinto.

BCM Resources has received drilling permits from the State of Utah DOGM and the Bureau of Land Management for a drill program to be conducted in 2019. The planned drillholes will test the TK porphyry copper-gold system discovered in 2018 in BCM's initial drillhole on the TK property.

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 BCM RESOURCES CORP.

"Dale McClanaghan"

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