



P.O. Box 306, 12 Mitchell Road  
Flin Flon, Manitoba R8A 1N1  
Tel.: [204] 687-7595  
Fax: [204] 687-7630  
E-mail: more@mts.net

## FORAN ADVANCES NORTH STAR GOLD PROJECT

March 18, 2004

FOM.V

Foran is pleased to provide an update on the progress of our North Star Project. The development ramp to the first mine level is near completion with the development cross cut through the West Vein and the North Star Vein to begin this weekend.

In surface diamond drilling, seven holes have been completed, with the eighth hole in progress for a total of approximately 5,500 feet drilled to date. Foran has added another 5,000 feet to the planned program to test for down plunge extensions. Drill core from three holes has been diamond sawed with half sent for assaying. The remaining holes are being logged and sampled.

Foran has received the final report from SGS Lakefield Research which indicated 98 % recoveries using gravity plus flotation and/or cyanidation. The report states "*Knelson's GRD test indicated that the gravity recovery gold was coarser, and relative gold recovery was higher, than most ores they have tested...Based on a comparison of the various gravity recovery methods tested as part of this program, relatively high recovery should be expected regardless of the method/equipment applied*". The full report dated March 4, 2004, can be viewed on Foran's Website ([www.foranmining.ca](http://www.foranmining.ca)).

In the Hudson's Bay lowlands, where Foran is conducting exploration for diamond bearing kimberlites, an airborne magnetic survey with 150 metre line spacing has been completed over Foran's newly acquired, 100% owned Upper Kaskattama Property (49,000 hectares). Preliminary results from the survey, which was flown by Goldak Airborne Surveys, are expected next week.

On behalf of the Board

Stephen L. Masson M.Sc., PGeo.  
President and Director and QP

The TSX Venture Exchange has not reviewed and does not accept responsibility for nor the adequacy or accuracy of the contents of this news release.