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News Release

**FORAN ANNOUNCES STOCK OPTIONS GRANTED
AND MANAGEMENT CHANGES**

Saskatoon, SK (July 19, 2006) – Foran Mining Corporation (TSX Venture FOM) announces that it has granted 1,600,000 incentive stock options under its 2006 Stock Option Plan to directors and officers at an exercise price of \$0.18 per share. These options will expire July 15, 2011.

The Board of Directors are pleased to announce the appointment of Bob Nylén, as Chief Executive Officer and of Allyson Stephens as Chief Financial Officer.

For further information please contact:

Bob Nylén,
President & CEO
Phone 306-956-3105

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