



CHAMPION BEAR RESOURCES LTD.

NEWS RELEASE

CHAMPION BEAR EXTENDS STRIKE LENGTH OF MINERALIZED ZONE AT PLOMP FARM GOLD PROPERTY

Calgary, Alberta (TSX Venture: CBA), July 5, 2006 - Champion Bear Resources Ltd. ("Champion Bear" or the "Company") finished its 5,000 metre spring drill program at its Plomp Farm gold property near Dryden, Ontario on July 1st with the completion of hole PF06-124. Assay results from holes PF06-120, 121 and 122 have also been received. The results, which average more than 2.5 gram-metres (based on grams per tonne x metres of core length), are presented in Table 1 below. Three holes (PF06-120, 121 and 123) referred to in this news release were collared on the western portion of Champion Bear's Plomp Farm property optioned from Teck Cominco Limited (see Champion Bear's news release dated August 19, 2004).

The results from **Hole PF06-122**, drilled on Line 7+00 W at -85 degrees, approximately 250 metres deeper than hole PF06-119 confirmed the Company's model of westward plunging mineralization. This hole encountered anomalous, Au, Ag, Cu, and Zn for a core length of at least 90 metres from 837 to 927 metres. The true width of this zone is approximately 50 to 60 metres. While the average distribution of anomalous Ag, Cu, Pb Zn, is similar to that in hole PF06-119 (see previous news release dated April 3, 2006), concentrations of Pb and Zn mineralization are higher.

This drilling program was designed to confirm the westward plunge of the mineralization and that the zone has the potential to host both the quality and quantity of mineralization required for economic development. Hole PF06-119 demonstrated the potential for the zone to host high-grade mineralization (**31.7 g Au/t, 33.3 g Ag/t and 1.36% Cu for a core length of 0.4 metres from 579.0 to 579.4 metres**). Holes PF06-120 and 122 have demonstrated the presence of an extensive mineralized envelope and confirmed the down plunge extent of the mineralization.

Holes PF06-120 and 121 were drilled to test the lateral extension of the mineralized envelope on Lines 10+00W and 11+00W, 200 metres deeper than previous shallower holes and 300 and 400 metres, respectively, west of hole PF06-119. Both holes encountered the expected alteration package and confirmed the westward plunge of the mineralization. The recent drill holes (pierce points) are shown on an updated longitudinal section in the attached Figure 1, which shows the distribution of gold in the mineralized zone expressed in gram-metres. In each case the total gold content of the highest grade portion of the mineralized zone was determined by multiplying the grams per tonne x the core length in metres.

Hole PF06-123 was drilled on Line 12+00W below previous Teck Cominco Limited holes T-3 and 4, to test the extent of the mineralized envelope. Several zones of disseminated sulphide mineralization and silicification associated with faulting similar to adjacent holes PF06-122 and 121 were observed from 670 to 790 metres. Assays for this hole are pending.

Hole PF06-124 collared 100 metres west of PF06-122 was drilled to test the down plunge projection of the central part of the mineralized lens encountered in hole PF06-119. A mineralized zone visually similar in character to the mineralized zones encountered in both holes PF06-119 and 122 was cored from 816 to 897 metres. The hole was drilled to a total depth of 946 metres. Assay results for this hole, are not expected for at least four to six weeks.

A detailed geological mapping and sampling program over the entire property remains underway. The Company will complete plans for additional in fill and exploration drilling as soon as the surface mapping is completed and it receives the results of the outstanding drill core assays.

Work to date has indicated that the gold mineralization on the Plomp Farm property is concentrated within a well-defined fault or deformation structure up to 150 metres wide. This is provisionally called the Ardis Lake Structural Zone. Gold and associated anomalous base metal mineralization concentrated within this structural zone appears to occur within a series of southwestwardly plunging lenses. Champion Bear has now traced the strike length of this structural zone for more than 4.6 kilometres from line 32+00W to beyond line 14+00E. Recent prospecting along the projected trend of this zone has also identified similar rocks (assays pending) several kilometres to the east. Based on this work and the likelihood of finding additional mineralized lenses along the structural zone between its Plomp Farm property and the (Teck-Corona Thunder Lake) gold mineralization located approximately 30 kilometres further to the east, Champion Bear has acquired the remaining available claims covering the structural zone east of its Plomp Farm property.

Table 1 shows the individual assays for the main elements tested from the selected mineralized sections for holes PF06-120, 121 and 122 shown on the long section.

Table 1								
Plomp Farm Partial Assay Results								
PF06-120	<i>From</i>	<i>To</i>	<i>Width (m)</i>	<i>Au (g/t)*</i>	<i>Ag (ppm)</i>	<i>Cu (ppm)</i>	<i>Zn (ppm)</i>	<i>Pb (ppm)</i>
Zone:	520.5	521.5	1.0m @ 3.03g Au/t					
Sample No.								
A06-7282	520.5	521.5	1.0	3.030	8.3	588	1200	300
PF06-121								
Zone 1:	454.0	477.0	23.0m @ 0.21 g Au/t					
Sample No.								
A06-7370	454.0	455.0	1.0	0.100	1.2	189	66	25
A06-7371	455.0	456.0	1.0	0.189	1.8	189	87	48
A06-7372	456.0	457.0	1.0	0.127	1.4	93	134	116
A06-7373	457.0	458.0	1.0	1.910	2.2	116	1330	146
A06-7374	458.0	459.0	1.0	0.094	1	49	285	99
A06-7375	459.0	460.0	1.0	0.060	0.7	39	183	119
A06-7376	460.0	461.0	1.0	0.121	0.7	55	1110	104
A06-7377	461.0	462.0	1.0	0.092	1.5	44	91	95
A06-7378	462.0	463.0	1.0	0.065	0.7	41	99	66
A06-7379	463.0	464.0	1.0	0.166	1.4	90	381	155
A06-7380	464.0	465.0	1.0	0.141	2.2	132	574	171
A06-7381	465.0	466.0	1.0	0.075	1.8	68	168	88
A06-7382	466.0	467.0	1.0	0.158	1.5	76	135	71
A06-7383	467.0	468.0	1.0	0.104	1.6	57	152	80
A06-7384	468.0	469.0	1.0	0.076	1	39	105	101
A06-7385	469.0	470.0	1.0	0.086	1	28	242	106
A06-7386	470.0	471.0	1.0	0.135	2.4	140	235	36
A06-7387	471.0	472.0	1.0	0.334	1.7	31	93	65
A06-7388	472.0	473.0	1.0	0.164	2.1	122	1060	71
A06-7389	473.0	474.0	1.0	0.064	0.9	22	68	44
A06-7390	474.0	475.0	1.0	0.264	0.8	26	81	30
A06-7391	475.0	476.0	1.0	0.105	1	36	91	58
A06-7392	476.0	477.0	1.0	0.146	1.1	42	378	76
A06-7393	477.0	478.0	1.0	0.064	1.8	55	272	101
Zone 2:	575.0	587.0	12.0m @ 0.28g Au/t					
Sample No.								
A06-7449	575.0	576.0	1.0	0.339	6.3	9	83	30
A06-7450	576.0	577.0	1.0	0.421	11.2	27	143	32
A06-7451	577.0	578.0	1.0	0.381	14.4	21	51	20
A06-7452	578.0	579.0	1.0	0.798	9.3	45	120	32
A06-7453	579.0	580.0	1.0	0.054	2	13	105	47
A06-7454	580.0	581.0	1.0	0.286	20.6	104	286	45
A06-7455	581.0	582.0	1.0	0.124	7.4	26	98	46
A06-7456	582.0	583.0	1.0	0.149	10.8	129	1250	27
A06-7457	583.0	584.0	1.0	0.136	12.8	38	141	29
A06-7458	584.0	585.0	1.0	0.320	10.5	49	242	40
A06-7459	585.0	586.0	1.0	0.178	5.1	58	648	41
A06-7460	586.0	587.0	1.0	0.191	3.4	24	265	27

Table 1
Plomp Farm Partial Assay Results (continued)

PF06-122	From	To	Width (m)	Au (g/t)*	Ag (ppm)	Cu (ppm)	Zn (ppm)	Pb (ppm)
Zone 1:	857.0	869.0	12.0m @ 0.24g Au/t					
Sample No.								
A06-7616	856.0	857.0	1.0	0.083	0.7	236	50	21
A06-7617	857.0	858.0	1.0	0.112	<0.3	179	62	18
A06-7618	858.0	859.0	1.0	0.055	0.8	387	108	6
A06-7619	859.0	860.0	1.0	0.615	2.1	1240	940	17
A06-7620	860.0	861.0	1.0	0.078	0.7	544	131	8
A06-7621	861.0	862.0	1.0	0.060	0.4	167	61	6
A06-7622	862.0	862.5	0.5	0.200	1.1	686	164	10
A06-7623	862.5	863.0	0.5	0.532	4.2	2600	254	8
A06-7624	863.0	863.5	0.5	0.243	1.5	1370	177	11
A06-7625	863.5	864.0	0.5	0.612	2.6	1330	140	11
A06-7626	864.0	864.5	0.5	0.491	2	1070	130	10
A06-7627	864.5	865.0	0.5	0.739	3.9	1760	123	11
A06-7628	865.0	866.0	1.0	0.394	2.1	991	299	10
A06-7629	866.0	867.0	1.0	<0.002	<0.3	94	94	13
A06-7630	867.0	867.5	0.5	<0.002	0.6	38	76	17
A06-7631	867.5	868.0	0.5	0.010	<0.3	103	96	15
A06-7632	868.0	869.0	1.0	0.146	2.3	808	183	19
Zone 2:	886.0	912.0	26.0m @ 0.27g Au/t					
Sample No.								
A06-7652	886.0	886.5	0.5	0.430	17.6	3670	987	53
A06-7653	886.5	887.0	0.5	0.990	17.5	3690	831	46
A06-7654	887.0	887.5	0.5	0.728	8.1	1860	761	68
A06-7655	887.5	888.0	0.5	0.062	0.8	169	1130	41
A06-7656	888.0	888.5	0.5	0.264	2.5	408	2720	37
A06-7657	888.5	889.0	0.5	0.089	1.1	181	2850	44
A06-7658	889.0	889.5	0.5	0.261	1.5	264	1350	50
A06-7659	889.5	890.0	0.5	0.135	1.5	174	529	92
A06-7660	890.0	890.5	0.5	0.016	0.4	29	209	141
A06-7661	890.5	891.0	0.5	1.220	9.1	1890	680	71
A06-7662	891.0	891.5	0.5	0.781	4.9	690	334	66
A06-7663	891.5	892.0	0.5	0.283	2.7	348	389	114
A06-7664	892.0	892.5	0.5	0.072	1.5	133	449	60
A06-7665	892.5	893.0	0.5	0.137	3.8	529	239	54
A06-7666	893.0	893.5	0.5	0.235	4.9	775	168	45
A06-7667	893.5	894.0	0.5	0.062	1.9	304	98	40
A06-7668	894.0	895.0	1.0	0.161	5.9	905	143	38
A06-7669	895.0	896.0	1.0	0.101	3.1	216	136	31
A06-7670	896.0	897.0	1.0	0.079	1.2	102	170	34
A06-7671	897.0	898.0	1.0	0.124	1.8	90	103	29
A06-7672	898.0	899.0	1.0	0.176	2.3	102	105	29
A06-7673	899.0	900.0	1.0	0.254	2.9	128	200	47
A06-7674	900.0	901.0	1.0	0.220	2.3	64	131	51
A06-7675	901.0	902.0	1.0	0.287	2.1	70	145	55
A06-7676	902.0	903.0	1.0	0.162	2.4	87	148	64
A06-7677	903.0	903.5	0.5	0.403	3.4	298	468	76
A06-7678	903.5	904.0	0.5	0.120	2	127	189	103
A06-7679	904.0	904.5	0.5	0.183	3.5	230	241	189
A06-7680	904.5	905.0	0.5	0.267	2.8	161	522	151
A06-7681	905.0	905.5	0.5	0.149	1.4	47	149	139
A06-7682	905.5	906.0	0.5	0.334	3	125	1390	231
A06-7683	906.0	907.0	1.0	1.300	9.5	621	2480	195
A06-7684	907.0	908.0	1.0	0.206	2.6	130	203	96
A06-7685	908.0	909.0	1.0	0.096	0.8	51	101	72
A06-7686	909.0	910.0	1.0	0.081	1	92	165	44
A06-7687	910.0	911.0	1.0	0.027	1.1	122	126	38
A06-7688	911.0	912.0	1.0	0.147	3.4	368	119	31

*Note: Gold values converted from ppb - expressed as g/t.

The drilling program and geological mapping program is being carried out under the supervision of Watts, Griffis and McQuat Limited, under the overall direction of Joe Hinzer, P. Geo. the qualified person responsible for the preparation of the technical aspects of this news release

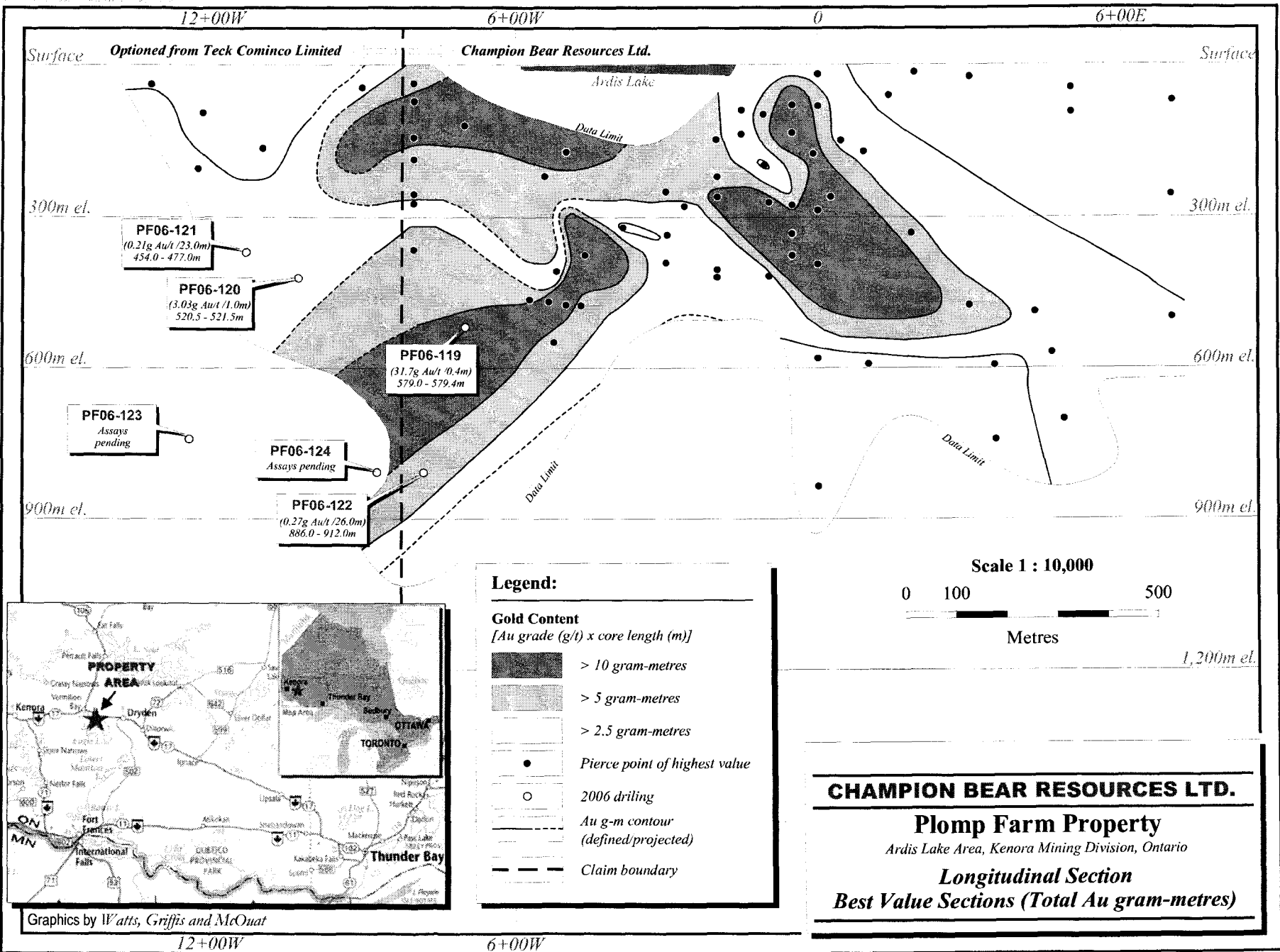
Core samples were saw cut and sealed in plastic sample bags and shipped directly to Activation Laboratories Ltd. in Ancaster, Ontario, an ISO accredited laboratory. Most of the samples were analysed using INNA and ICP-MS techniques on aqua regia digested samples. Samples in excess of 1,000 ppb Au are being retested using fire assay techniques with a gravimetric finish.

Champion Bear is a mineral exploration company focused exclusively on the historically prospective regions of Ontario. Its primary targets are platinum group and precious metals and to a lesser extent polymetallic base metal and pegmatite-hosted tantalum deposits. Champion Bear's aim is to create shareholder value through selective property acquisition and joint venture followed by focused exploration emphasizing drilling. The Company has assembled a large land position in the Dryden and Sudbury areas, totaling over 16,000 hectares.

For further information, please contact: Richard D. Kantor, President of Champion Bear Resources Ltd. at Phone: (403) 229-9522 or Fax: (403) 229-9518. Champion Bear's website is www.championbear.com.

Forward-looking statements - statements included in this news release that are not historical facts may be considered "forward-looking statements". All estimates and statements that describe the Company's objectives, goals or future plans are forward-looking statements. Forward-looking statements involve inherent risks and uncertainties where actual results could differ materially from those currently anticipated.

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



CHAMPION BEAR RESOURCES LTD.

Plomf Farm Property
 Ardis Lake Area, Kenora Mining Division, Ontario

Longitudinal Section
 Best Value Sections (Total Au gram-metres)

Watts, Griffiths and McQuat