FOR IMMEDIATE RELEASE

November 16, 2011

BCM Resources Corporation: Exploration Update – Shan South Molybdenum Property, Terrace, B.C.

Vancouver, BC - BCM Resources Corporation (TSX-V: B), the "Company" announces the final results from the Phase 3 drilling program which commenced mid-June 2011 and was completed mid-August. The program consisted of 13 inclined and three vertical holes totaling 3,366.4 meters at the South Shan Molybdenum discovery near Terrace BC. Drilling at Shan South to date totals 12,598 meters.

The program had two main objectives, the first being to better define and extend the Las Margaritas deposit and the second to explore the surrounding area for possible faulted-off extensions or for separate but similar areas of mineralization.

Seven of the sixteen holes drilled during the recent program were directed to the Las Margaritas deposit, and all of these intersected the molybdenum-bearing zone. Holes LM043 to 046 and LM052 to 054 were infill holes designed to test the continuity of mineralization within the Las Margaritas deposit. These returned anticipated widths and grades with the best intersection being 0.064% Mo over 189 meters in hole LM054, beginning at a hole depth of 18 meters.

Hole LM052 is the most westerly hole drilled to date on the known deposit. The hole passed through a zone of alternating granodiorite and volcanics and includes a significant fault zone with mineralization on both sides of the fault. The occurrence of mineralization on both sides of the fault may indicate potential for extending the deposit to the north and/or west of this drill hole.

The Las Margaritas deposit remains open at depth and is also open to the west where it encounters a major northwest-trending fault. At a minimum, a further seven holes are proposed to test these areas to a vertical depth of about 400 meters.

Known molybdenum mineralization is strongest within the granodiorite adjacent to the contact with volcanic rocks. Exploration drilling outside of the known limits of the Las Margaritas zone was therefore directed towards similar contact areas. Within the present area of interest, the contact runs approximately east-west with the volcanics being to the south. The contact is cut and offset by steeply-dipping northeast and northwest-trending faults.

Holes LM048 and 049, collared directly east of the known deposit, were inclined holes drilled in a southerly direction to intersect the contact area. Although the contact area was intersected, significant mineralization was not encountered. The contact in both these holes was intersected sooner than expected and future drill holes will be collared further north in order to more adequately test the granodiorite adjacent to the contact.

Two vertical holes, LM057 and LM058, were drilled to the west of known mineralization and separated from it by a significant fault zone. Both holes were entirely within granodiorite adjacent to the contact with volcanic rocks. These holes encountered no mineralization and the granitic rocks were relatively fresh and unaltered.

North of the Las Margaritas deposit, holes LM 050 and 051 were collared within volcanics and drilled in a northerly direction. These holes did not intersect the contact zone or encounter mineralization.

Hole LM047 was collared approximately 1000 meters to the northeast of the Las Margaritas Zone, near the old adit portal. This inclined hole was drilled in a southeasterly direction and did not intersect Mo mineralization but featured moderate to strong potassium feldspar alteration of granodiorite throughout most of its length. Hole LM055 and LM056, collared further to the southeast featured similar potassium feldspar alteration but no molybdenum values.

Shan South Property
2011 Diamond Drilling

HOLE ID	EASTING UTM	NORTHING UTM	ELEVATION Meters	AZIMUTH degrees	INCLINATION Degrees
LM043	536192	6058286	924.5	100	-46
LM044	536198	6058269	925.5	186	-45
LM045	536060	6058275	983	181	-46
LM046	536060	6058275	983	183	-61
LM047	536717	6059395	475	155	-45
LM048	536338	6058303	896	179	-46
LM049	536558	6058289	887	180	-46
LM050	535773	6058852	938	7	-46
LM051	535560	6058842	960	9	-46
LM052	535691	6058401	1055	185	-46
LM053	535922	6058283	995	185	-45
LM054	535922	6058283	995	185	-60
LM055	537058	6059205	585	160	-44
LM056	537058	6059205	585	N/A	-90
LM057	535278	6058084	1112	2	-89
LM058	534610	6058257	1275	9	-88

Drill holes not specifically reported did not return significant molybdenum values. Significant Intervals were as follows:

DDH	From	To	Length	Mo
	(m)	(m)	(m)	(%)
LM043	27	39	12.0	0.043
	84	96	12.0	0.086
LM044	5	63	58.0	0.06
including	36	51	15.0	0.185
and	42	54	12.0	0.209
LM045	9	21	12.0	0.049
	57	96	39.0	0.038
including	57	81	24.0	0.048
and	57	69	12.0	0.06
LM046	1	102	101.0	0.053
including	27	81	54.0	0.072
and	57	81	24.0	0.118
	93	105	12.0	0.081
including	96	102	6.0	0.14
LM046	159	171	12.0	0.03
LM052	1	87	86	0.033
including	54	87	33	0.058
LM053	4.5	168	163.5	0.060
including	24	45	21	0.114
and	132	144	12	0.133
LM054	18	207	189	0.064
including	18	60	42	0.119
including	39	60	21	0.150
including	144	156	12	0.113

SAMPLE QUALITY ASSURANCE AND CONTROL

All drill core recovered from the Phase 3 program was logged and sampled in 3 meter intervals. Sample intervals were split in half using a mechanical core splitter at the Company's core handling warehouse in downtown Terrace. One half of the sample interval was retained as a permanent record with the other half submitted to AGAT Laboratories' sample preparation lab housed in an adjacent building. Prepared sample pulps were forwarded to AGAT Laboratories analytical facilities in Mississauga Ontario for the determination of Mo and 42 additional major and trace elements by ICP.

Quality control was maintained by the insertion of sample blanks, standards and core duplicates into the sample stream during the sampling program.

QUALIFIED PERSONS

The summer 2011 exploration program was supervised by Jim Hutter, P.Geo., a geologist with 35 years experience in British Columbia, Geological Consultant to BCM Resources and a Qualified Person as defined by NI 43-101,consultant to the Company.

The technical content of this news release has been reviewed by N.C. Carter Ph.D, P.Eng., Geological Advisor to BCM Resources Corp., and a Qualified Person as defined by National Instrument 43-101.

About BCM Resources Corporation
BCM Resources Corp. is a Vancouver-based mineral exploration company, dedicated to advancing its Shan South molybdenum discovery into an economic deposit. Additionally, the Company has a significant land package of 100% owned mineral claims comprising another five, highly-prospective, molybdenum and other base & precious metals exploration properties located near Terrace, B.C.

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