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TSX-V: LRA

NEWS RELEASE

More Nickel Intercepts from the Araguaia Nickel Project in Brazil

Lara Exploration (“Lara” or the “Company”) (LRA-TSX.V) is pleased to report that Teck Cominco Brasil S.A. (“Teck Cominco”), a wholly-owned subsidiary of Teck Cominco Limited, has delivered the remaining analytical results from their diamond drilling program on the Vila Oito target on Lara’s Araguaia (“Araguaia”) nickel project in Pará State, northern Brazil. The program comprised 42 vertical holes drilled on a 200 meter spaced grid testing a lateritic nickel target area of approximately 1.4 by 1.0 kilometers.

Vila Oito Drill Program

Analytical results have now been received for all 42 holes drilled at Vila Oito. The Company reported results for 33 of the holes earlier in the year (see Lara press release dated January 28, 2008), the new results from the remaining holes are summarized in Table 1. Nickel intersections are reported with a minimum of 2 meters width and with a lower cut-off grade of 0.9% nickel.

Drill Hole	Target	From (m)	To (m)	Interval (m)	Nickel %
PCA-DD-0446	Vila Oito	0	8.80	8.8	1.25
PCA-DD-0448	Vila Oito	No significant results			
PCA-DD-0449	Vila Oito	3.20	6.20	3.0	1.27
PCA-DD-0451	Vila Oito	14.20	18.40	4.2	0.958
PCA-DD-0453	Vila Oito	10.0	17.0	7.0	0.944
PCA-DD-0464	Vila Oito	No significant results			
PCA-DD-0465	Vila Oito	1.6	5.2	3.6	1.07
PCA-DD-0466	Vila Oito	4.1	16.1	12.0	1.25
PCA-DD-0473	Vila Oito	1.7	5.2	3.5	1.192
		7.7	11.0	3.3	1.01

The Vila Oito mineralization is adjacent to, and contiguous with, mineralization already being explored by Teck Cominco.

Regional Exploration

Lara’s Araguaia project comprises a total of 310,000 hectares of mineral rights, with Vila Oito one of several targets selected from airborne geophysical surveys and regional prospecting. In addition to the drilling at Vila Oito, Teck Cominco has field checked 17 other targets, conducting follow-up soil sampling and mapping on 7 of them. The best of these targets, “Floresta”, comprises a 1200 by 500 metre soil anomaly with a maximum value of 3850 parts per million (“ppm”) nickel. Auger drilling is being employed to better understand the soil anomalies and has been completed on two targets and is on-going on a third.