

Northern Continental Resources Inc.

15th Floor, 675 West Hastings Street, Vancouver British Columbia, Canada V6B 1N2

Telephone: 604 669-6463

Facsimile: 604 669-3041

Toll Free: 800 663-9688

Web: www.northern-continental.com

TSX Venture Exchange

Trading Symbol: "NCR"

April 18, 2005

NEWS RELEASE 05-04 Russell Lake Property Litigation Settled

The Board of Directors of Northern Continental Resources Inc. (the "Company") wishes to announce that it has entered into an agreement with Roughrider Uranium Corp. ("Roughrider") with respect to its Russell Lake Property (the "Property") whereby the parties agreed that Roughrider has the option to spend \$2,000,000 to earn a 40% interest in the Property on the following basis. Roughrider must incur \$1,000,000 of expenditures on or before September 30, 2005 and \$1,000,000 of expenditures on or before September 30, 2006. All of these expenditures must qualify for assessment credits. The Company will retain a 60% interest in the Property. Upon Roughrider earning its 40% interest, it shall issue 750,000 common shares of Roughrider to the Company, and the Company will, in turn, issue 250,000 common shares to Roughrider, all of which common shares shall be subject to an escrow agreement providing the release of 25% of the common shares every six months. Upon execution of an option and joint venture agreement between the Company and Roughrider, all litigation between the Company and Roughrider will cease.

The Property is located within the eastern Athabasca Basin of north-central Saskatchewan and is a 39,378-hectare (97,305 acre) claim group contiguous to Cameco Corp. to the North and West and Cogema to the South and International Uranium Corporation and JNR Resources Ltd. to the East. The project encompasses an area approximately 12 by 40 km on strike between the former producing Key Lake uranium deposit (195 million pounds grading 2.5% U₃O₈) and the presently producing McArthur River deposit (483 million pounds grading 15% U₃O₈). A power line and all-weather road is located along the northwest boundary of the property, which is presently used to truck uranium ore from the McArthur River mine to the Key Lake mine for processing. This region hosts the highest-grade uranium deposits in the world.

The Company is pleased with this outcome and is looking forward to a mutually beneficial relationship with Roughrider.

On Behalf of the Board of Directors,

J. Frank Callaghan, President

This news release contains forward-looking statements regarding the timing and content of upcoming programs. Actual results may differ materially from those currently anticipated in such statements. The TSX Venture Exchange has neither approved nor disapproved of the information contained herein. The TSX-Venture Exchange has neither approved nor disapproved the informational contained herein