



CAPSTONE GOLD CORP

CAPSTONE FILES PRELIMINARY SILVERSTONE PROSPECTUS

Dated: January 30, 2006

TSX: CSG

VANCOUVER, B.C. – Capstone Gold Corp. (“Capstone”) wishes to announce that Canadian securities regulators have issued a receipt for the filing of the preliminary prospectus of Silverstone Resources Corp. Finalization and acceptance for filing of a final prospectus shall qualify the distribution of units of Silverstone Resources Corp. as a dividend-in-kind to shareholders of record of Capstone. The date of record will be set upon receipt of the final prospectus.

For further details on the proposed transaction please review the preliminary prospectus available on www.sedar.com.

ON BEHALF OF THE BOARD

“Darren M. Pylot”
President & CEO

For further information about the Company, please contact:
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