



**CAPSTONE GOLD CORP**

***CAPSTONE CONTINUES TO INTERSECT HIGH GRADE COPPER MINERALIZATION AT THE COZAMIN MINE, ZACATECAS STATE, MEXICO***

**Dated: November 16, 2005**

**TSX: CSG**

VANCOUVER, B.C. – CAPSTONE GOLD is pleased to report assay results from an additional 13 underground core holes at Capstone's Cozamin copper-silver-zinc mine located in Zacatecas, Mexico. **One-hundred definition drill holes have been completed with assays pending on the unreported 28 drill intercepts. These intercepts will be part of an updated resource estimate and will upgrade previously reported inferred resources and add to the measured and indicated categories.** These additional drill holes indicate that the grade of copper mineralization increases with depth. The Mala Noche vein mineralization remains open along strike (E-W) and down dip.

**Current Drill Results:**

**CG-05-U70 - 6.8 m grading 113.6 g/t Ag and 4.5% Cu**

**CG-05-U71 - 5.0 m grading 78.9 g/t Ag and 4.2% Cu**

**CG-05-U72 - 3.8 m grading 190.8 g/t Ag, 5.4% Cu & 1.4% Zn**

**CG-05-U73 - 19.7 m grading 60.7 g/t Ag and 2.0% Cu**

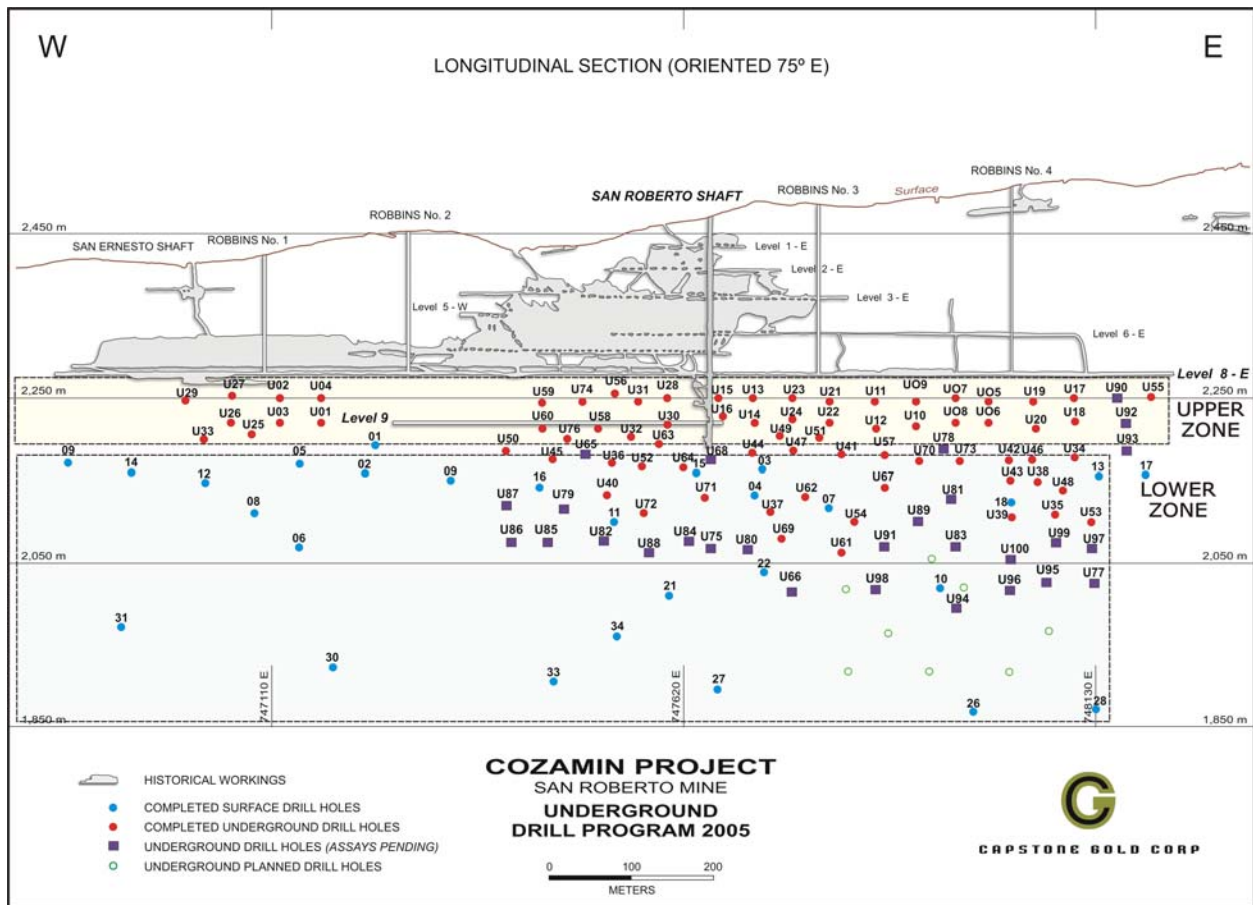
**CG-05-U76 - 13.7 m grading 88.4 g/t Ag and 2.7% Cu**

<b>NQ Core Hole #</b>	<b>From (m)</b>	<b>To (m)</b>	<b>Interval (m)</b>	<b>Intersection True Width</b>	<b>Ag g/t</b>	<b>Cu %</b>	<b>Zn %</b>
CG-05-U50	108.5	123.5	15.0	10.4	84.1	1.9	0.8
Including	116.0	123.5	7.5	5.2	<b>93.9</b>	<b>3.2</b>	0.4
CG-05-U61	181.5	193.0	11.5	5.3	40.5	<b>2.4</b>	0.2
Including	188.5	192.5	4.0	1.8	83.1	<b>4.8</b>	0.2
CG-05-U64	126.0	135.5	9.5	7.5	21.7	0.6	<b>5.9</b>
Including	129.5	132.0	2.5	2.0	48.4	1.6	0.6
CG-05-U67	142.3	148.5	6.2	4.2	54.2	1.8	0.3
Including	144.5	148.5	4.0	2.7	80.7	<b>2.7</b>	0.4
CG-05-U69	175.5	185.0	9.5	2.9	37.0	2.1	0.4
CG-05-U70	116.0	123.5	7.5	6.8	<b>113.6</b>	<b>4.5</b>	0.2
CG-05-U71	170.5	180.5	10.0	5.0	78.9	<b>4.2</b>	0.6
Including	170.5	175.5	5.0	2.5	<b>145.2</b>	<b>7.7</b>	0.7
CG-05-U72	167.5	174.5	7.0	3.8	<b>190.8</b>	<b>5.4</b>	1.4
Including	171.0	174.5	3.5	1.9	<b>219.6</b>	<b>8.5</b>	0.5
CG-05-U73	99.0	126.0	27.0	19.7	60.7	<b>2.0</b>	0.3
Including	102.0	106.7	4.7	3.4	<b>141.9</b>	<b>2.8</b>	1.0
CG-05-U74	50.5	54.5	4.0	4.0	<b>104.9</b>	<b>2.1</b>	2.7
CG-05-U76	72.5	91.5	19.0	13.7	88.4	<b>2.7</b>	0.8
Including	84.0	91.0	7.0	5.1	<b>115.1</b>	<b>4.0</b>	0.1

- Holes U57 and U63 intersected anomalous vein material but did not encounter strong mineralization.
- Partial assay results for U61 were reported in the September 27, 2005 news release.
- A longitudinal section with current and previous drill hole pierce points and grades may be found on Capstone's website at [www.capstonegold.com](http://www.capstonegold.com)

- See the July 6, August 3 and September 27, 2005 for previously reported drill intercepts.

**Figure 1: Underground Drill Hole Locations**



A total of 13,500 meters of underground definition drilling has been completed (100 holes), with an additional 2,700 meters of deeper drilling (8 holes) planned to be completed by the end of January 2006. An updated resource estimate will be undertaken when the Phase III definition drilling program is complete.

### QA/QC Highlights

- Sample preparation was conducted by SGS Lakefield Laboratories (“SGS”) in Durango, Mexico and assays were completed by SGS in Toronto, Canada. Duplicate pulps, duplicates from sample rejects, blanks, standards and duplicate core samples were assayed by SGS and ALS Chemex in Vancouver, Canada.
- Hugh Willson, Vice President of Exploration for Capstone, a qualified person as defined by NI 43-101, supervised and directed all work associated with the drilling programs and this news release.

### **ABOUT CAPSTONE**

Capstone is a mineral exploration company focused on the exploration and development of five advanced projects in Mexico. Capstone has approximately 40 million shares outstanding and is well financed with no long term debt. More information is available online at: [www.capstonegold.com](http://www.capstonegold.com).

### **ON BEHALF OF THE BOARD**

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