

## FORM 7

### MONTHLY PROGRESS REPORT

Name of Listed Issuer: APAC RESOURCES INC. (the "Issuer").

Trading Symbol: APG

Number of Outstanding Listed Securities: 20,132,000 common shares

Date: November 4, 2016 (for the month ended October 31, 2016)

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced and non-promotional.

#### **General Instructions**

- (a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.
- (b) The term "Issuer" includes the Issuer and any of its subsidiaries.
- (c) Terms used and not defined in this form are defined or interpreted in Policy 1 - Interpretation and General Provisions.

#### **Report on Business**

1. Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.

**There were no new developments to report for the month of October, 2016.**

2. Provide a general overview and discussion of the activities of management.  
**During October, 2016, management's principal activities consisted of general management and administrative matters.**
3. Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.  
**None**
4. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.  
**No drilling, exploration or production programs have been amended or abandoned during the month of October, 2016.**
5. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.  
**None**
6. Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.  
**None**
7. Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.  
**None**
8. Describe the acquisition of new customers or loss of customers.  
**Not applicable.**
9. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks.  
**Not applicable.**
10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.  
**There were no employee hirings, terminations or lay-offs during the month of October, 2016.**

11. Report on any labour disputes and resolutions of those disputes if applicable.  
**There were no labour disputes or resolutions to labour disputes during the month of October, 2016.**
12. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.  
**The Issuer is not aware of any legal proceedings to which the Issuer has become a party during the month of October, 2016.**
13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.  
**The Issuer did not incur or repay any indebtedness during the month of October, 2016.**
14. Provide details of any securities issued and options or warrants granted.  
**The following table shows the shares, options and warrants issued or granted during the month of October, 2016.**

Security	Number Issued	Details of Issuance	Use of Proceeds <sup>(1)</sup>
None			

<sup>(1)</sup> State aggregate proceeds and intended allocation of proceeds.

15. Provide details of any loans to or by Related Persons.  
**There were no loans to or by Related Parties during the month of October, 2016.**
16. Provide details of any changes in directors, officers or committee members.  
**There were no changes in directors, officers or committee members during the month of October, 2016.**
17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.  
**The Issuer has no history of earnings and there are no known commercial quantities of mineral reserves on the Issuer's property. The Issuer's property is currently in the exploration stage only. There is also no guarantee of the Issuer's title to its property. The Issuer's activities may require permits or licenses which may not be granted to the Issuer. The Issuer competes with other companies with greater financial resources and technical expertise. The Issuer is currently largely dependent on the performance of its directors and there is no assurance the Issuer can maintain their services. In recent years both metal prices and publicly traded securities prices have fluctuated widely.**

## Certificate of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof there were is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated: November 4, 2016.

Robert Coltura  
Name of Director or Senior Officer

s/ "Robert Coltura"  
Signature

President, Chief Executive Officer  
and Director  
Official Capacity

<b>Issuer Details</b> Name of Issuer	For Month End	Date of Report YY/MM/DD
<b>APAC Resources Inc.</b>	October 31, 2016	16/11/04
Issuer Address Suite 200 – 551 Howe Street		
City/Province/Postal Code Vancouver, British Columbia V6C 2C2	Issuer Fax No. (604) 683-8605	Issuer Telephone No. (604) 683-8610
Contact Name Robert Coltura	Contact Position President, Chief Executive Officer and Director	Contact Telephone No. (604) 683-8610
Contact Email Address <a href="mailto:rcoltura@matalia.ca">rcoltura@matalia.ca</a>	Web Site Address None	