FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Irving Resources Inc. (the "Issuer").

Trading Symbol: IRV

Number of Outstanding Listed Securities: 47,980,207

Date: May 6, 2019

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 the 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.

   During the month, the Issuer announced that it reached agreement on a non-brokered equity private placement (the "Financing") with a new strategic investor, Newmont Goldcorp Corporation. The Financing raised gross proceeds of US$6,000,000 by the issuance of 3,715,630 common shares of the Company at a price of CDN$2.16 per common share.

2. Provide a general overview and discussion of the activities of management.

   During the month, the Issuer reviewed and assessed potential new properties as well as continued drilling at its Omu Gold Project in Hokkaido, Japan.

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.

   During the month, the Issuer provided an update on drilling at Omu Gold Project, whereby at the time, approximately 786 meters of diamond core drilling had been completed in two holes at Omu Sinter and further drilling was continuing.

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.

   None

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.

   During the month, the Issuer reached an agreement on a non non-brokered equity private placement with a new strategic investor, Newmont Goldcorp Corporation as noted in Item 1. The equity private placement raised gross proceeds of US$6,000,000 with the proceeds being used as follows: 1) US$5,400,000 for exploration on the Company's Omu Project in Hokkaido, Japan, and 2) US$600,000 for the formation of an alliance agreement described below.

   During the month, the Issuer formed an alliance between the Issuer, its Japanese subsidiary and Newmont Exploration Pty Ltd., whereby the parties will work together to identify and, if designated by Newmont Exploration Pty Ltd., jointly exploit mineral exploration opportunities throughout Japan.

   During the month, the Issuer entered into an arm's length Advisory Services Agreement with a Former Ambassador of Canada to Japan to provide independent and strategic counsel to the Issuer and its subsidiary in Japan.

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.

None

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.

None

10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

None

11. Report on any labour disputes and resolutions of those disputes if applicable.

None

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.

None

13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.

None

14. Provide details of any securities issued and options or warrants granted.

Security	Number Issued	Details of Issuance	Use of Proceeds(1)
Common Shares	45,000	Exercise of warrants	N/A
Common Shares	3,715,630	Private Placement raising gross proceeds of US$6,000,000	US$5,400,000 for exploration on the Omu Project and US$600,000 for the formation of an alliance to jointly exploit mineral opportunities

(1) State aggregate proceeds and intended allocation of proceeds.

15. Provide details of any loans to or by Related Persons.

None

16. Provide details of any changes in directors, officers or committee members.

None

17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.

Management is not aware of any trends in the Issuer's markets, or political or regulatory trends, arising in April 2019 that could have a direct impact on the Issuer.

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 CNSX Policy 1).

4. All of the information in this Form 7 Monthly Progress Report is true.

Dated: May 6, 2019.

Akiko Levinson
Name of Director or Senior Officer

signed "Akiko Levinson"
Signature
President
Official Capacity

Issuer Details: Irving Resources Inc.	For Month End: April 2019	Date of Report 2019/05/06
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City/Province/Postal Code: Vancouver, BC V6C 3E2	Issuer Fax No.: (604) 641-1214	Issuer Telephone No.: (604) 682-3234
Contact Name: Akiko Levinson	Contact Position: President	Contact Telephone No.: (604) 682-3234
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