

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Talisker Resources Ltd. ("Talisker" or "the Issuer").

Trading Symbol: TSK

Number of Outstanding Listed Securities: 91,240,074 (as at September 30, 2019)

Date: October 7, 2019

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.

Talisker Resources Ltd. is a junior resource company involved in the exploration of projects in British Columbia, Canada. Talisker's projects consist of several early stage Greenfields projects encompassing 263,595 hectares over 252 claims and three leases. Talisker's focus is on its south central BC properties - Spences Bridge, Lola, Dora and Remington properties where the Company is undertaking an aggressive exploration program. The Company's south central BC properties comprise 230,994 hectares representing ~85% of the emerging Spences Bridge Gold Belt.

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

In the month of September, Talisker continued its regional stream sediment and geological reconnaissance program for the Spences Bridge land package. The phase 1 program consisting of a planned collection of 4,500 stream samples commenced in May 2019 and is planned to be executed over the coming two field seasons. Sediment samples taken from the -80 mesh fraction from first-order drainages are being analyzed for gold, multi-element and vapor phase elements known as pathfinders for upper level epithermal systems. A team of 22 geologists is executing the phase 1 program. In parallel to the regional geochemistry program, a detailed phase 2 program consisting of alteration and geological mapping, soil and rock chip sampling and in some cases geophysics to identify resistors is being conducted over selected anomalies identified in the phase 1 program, as well as from previously identified government mineral file occurrences and historic anomalies identified in assessment reporting.

On August 22, 2019, the Issuer provided an update on exploration activities indicating that a total of 1,988 planned samples sites had been reviewed with 1,207 stream sediment samples collected. Of the planned sample sites, 781 were discarded due to either insufficient drainage incision, poor stream channel development, insufficient sediment material or overwhelming input from colluvial media. A total of 902 assays from ultra-trace ICP-MS analysis were received with 305 currently outstanding and that geostatistical analysis of the assay results identified 17 anomalous basins within the 98th percentile defined by values above 32 ppb Au as outlined in the table below. It was noted that a total of seven basins were identified as highly anomalous with values above 100 ppb Au (0.1g/t) to a

maximum returned value of 315 ppb Au (0.315 g/t). Mean sediment background value (50th percentile) was identified as 1 ppb Au.

Table of Significant Stream Sediment Results					
Sample ID	Au (ppb)	Sample ID	Au (ppb)	Sample ID	Au (ppb)
A0672501	315	A0673187	52.9	A0673452	150
A0672573	212	A0673226	260	A0673546	75.5
A0672599	71.5	A0673275	32.1	A0673628	239
A0673134	233	A0673283	84.4	A0673971	41.1
A0673155	46.3	A0673323	49.5	A0673982	149
A0673167	59.3	A0673434	37.5		

A full summary of the results is available on the Issuer's website.

Qualified Person - Luis Arteaga M.Sc. P.Geo. the Company's Qualified Person as defined by NI 43-101 has reviewed and approved the technical information in the press release issued August 22nd and in this Form 7.

At the end of September 2019, a total of 2,351 planned samples sites have been reviewed with 1,458 stream sediment samples collected. Of the planned sample sites, 893 were discarded due to either insufficient drainage incision, poor stream channel development, insufficient sediment material or overwhelming input from colluvial media. A total of 1,228 assays from ultra-trace ICP-MS analysis were received with 248 currently outstanding.

- Describe and provide details of any new products or services developed or offered.

No new products or services developed or offered.

- 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.

- 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.

- 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.

Not applicable.

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.

Not applicable.

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.

Pursuant to a financing announced on August 14th and 15th, the Issuer closed the final tranche of the financing on September 5th and issued 1,214,286 common shares at \$0.14 and 1,718,750 flow through common shares at \$0.16.

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

None.

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

Not applicable.

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

There are no identified market trends that are expected to impact 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 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: October 7, 2019.

Terence Harbort
Name of Director or Senior Officer

Signed: "Terence Harbort"
Signature

Chief Executive Officer
Official Capacity

Issuer Details		
Name of Issuer	For Month End	Date of Report
Talisker Resources Ltd.	September 2019	October 7, 2019
Issuer Address		
1 First Canadian Place, 100 King Street West, Suite 7010		
City/Province/Postal Code	Issuer Fax No.	Issuer Telephone No.
Toronto, ON M5X 1A0	(416) 361 2821	(416) 361 2808
Contact Name	Contact Position	Contact Telephone No.
Terence Harbort	CEO	(416) 361 2808, ext 9266
Contact Email Address	Web Site Address	
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