

129 82-4828

FORM 55-102F6

INSIDER REPORT

(See instructions on the back of this report)

Notice - Collection and Use
for purposes of the administration,
Some of the required information will be made public.
disclosed to any person or company except to any of the securities
may contact the securities regulatory authority in any jurisdiction in which the required information is filed, at the address(es) or telephone number(s) set out on the back of this report.

03003612

BOX 1. NAME OF THE REPORTING ISSUER (BLOCK LETTERS)

PACIFIC NORTH WEST CAPITAL CORP.

BOX 2. INSIDER DATA

RELATIONSHIP(S) TO REPORTING ISSUER

14/15/16/17

DATE OF LAST REPORT FILED

DAY / MONTH / YEAR

24/01/03

CHANGE IN RELATIONSHIP FROM LAST REPORT

YES

NO

IF INITIAL REPORT, DATE ON WHICH YOU BECAME AN INSIDER

BOX 3. NAME, ADDRESS AND TELEPHONE NUMBER OF THE INSIDER (BLOCK LETTERS)

FAMILY NAME OR CORPORATE NAME

BARR

GIVEN NAMES

HARRY

STREET

2303 WEST 41ST AVENUE

APT

CITY

VANCOUVER

PROV.

BC

POSTAL CODE

V6M2A3

BUSINESS TELEPHONE NUMBER

604-1685-11870

BUSINESS FAX NUMBER

604-1685-16550

CHANGE IN NAME, ADDRESS OR

TELEPHONE NUMBER FROM LAST REPORT

YES

NO

BOX 4. JURISDICTION(S) WHERE THE ISSUER IS A REPORTING ISSUER OR THE EQUIVALENT

ALBERTA

ONTARIO

BRITISH COLUMBIA

QUEBEC

MANITOBA

SASKATCHEWAN

NEWFOUNDLAND

NOVA SCOTIA

BOX 5. INSIDER HOLDINGS AND CHANGES (IF INITIAL REPORT, COMPLETE SECTIONS A, B, C, D, E AND F ONLY. SEE ALSO INSTRUCTIONS TO BOX 5)

DESIGNATION OF CLASS OF SECURITIES

Private Options

Options

Common

Common

Common

DATE

DAY / MONTH / YEAR

24/01/03

NATURE

ACQUIRED

DISPOSED OF

NUMBER VALUE

UNIT PRICE / EXERCISE PRICE

\$ US

DATE

DAY / MONTH / YEAR

24/01/03

PRESENT BALANCE OF CLASS OF SECURITIES

130000

362000

148000

354000

1070670

DIRECT/INDIRECT OWNERSHIP OR CONTROL OR INTEREST

11

24

11

12

17

IDENTIFY THE REGISTERED HOLDER WHERE OWNERSHIP IS NOT ON THESE CONTROL OR INTEREST IS ENCLOSURE

H Barr

John Gravity

H Barr

John Gravity

DE3020 B L H

ATTACHMENT YES NO

PROCESSED

FEB 11 2003

This form is used as a uniform report for the insider reporting requirements under all provincial securities Acts. The terminology used is generic to accommodate the various Acts.

The undersigned certifies that the information given in this report is true and complete in every respect. It is an offence to submit information that, in a material respect and at the time and in the light of the circumstances in which it is submitted, is misleading or untrue.

CORRESPONDENCE

ENGLISH

FRENCH

KEEP A COPY FOR YOUR FILE

35-102F6 Rev. 2001 / 6 / 25

VERSION FRANCAISE RESPONSIBLE SUR DEMANDE

NAME (BLOCK LETTERS)

HARRY BARR

SIGNATURE

[Signature]

DATE OF THE REPORT

03/02/03

03 FEB - 4

AM 7

DAY / MONTH / YEAR