

129 82-4828

03022344

FORM 55-102F6

INSIDER REPORT

(See instructions on the back of this report)

Note - Collection and Use of Personal Information: The personal information provided in this report is for the purposes of the administration and enforcement of certain provisions of the securities laws. Some of the required information will be made public pursuant to the securities laws. Other required information will remain confidential and will not be disclosed to any person or company except to any of the securities regulatory authorities or their authorized representatives. If you have any questions about the collection and use of this information, you may contact the securities regulatory authority in which the required information is filed, at the address(es) or telephone number(s) set out on the back of this report.

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

PACIFIC NORTH WEST CAPITAL CORP.

BOX 2. INSIDER DATA

RELATIONSHIP TO REPORTING ISSUER: NONE OFFICER DIRECTOR BENEFICIAL OWNER OTHER

DATE OF LAST REPORT FILED: 12/10/03
DATE OF REPORTING: 12/10/03
CHANGE IN RELATIONSHIP FROM LAST REPORT: YES NO

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

FAMILY NAME OR CORPORATE NAME: BARR
STREET: 2303 WEST 41ST AVENUE APT
CITY: VANCOUVER BC
BUSINESS TELEPHONE NUMBER: 604-1085-11870
TELEPHONE NUMBER FROM LAST REPORT: 604-1085-16550

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

ALBERTA ONTARIO
 BRITISH COLUMBIA QUEBEC
 MANITOBA SASKATCHEWAN
 NEWBRUNSWICK
 NOVA SCOTIA

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

DESIGNATION OF CLASS OF SECURITIES	CHANGE OF CLASS OF SECURITIES OR SECURITIES GROUP REPORT	TRANSACTIONS		UNIT PRICE / EXERCISE PRICE	E US
		NUMBER ACQUIRED	NUMBER DISPOSED OF		
Private Options	(30000)				
Options	187000				
Common	381500				
Common	1054670				
Common	48000				

BOX 6. REMARKS

PROCESSE
JUN 11 2003
THOMSON FINANCIAL

ATTACHMENT: YES NO
CORRESPONDENCE: ENGLISH FRENCH
KEEP A COPY FOR YOUR FILE

DATE OF THE REPORT: 12/10/03

SIGNATURE: HARRY BARR