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FORM 55-102F6

INSIDER REPORT

(See instructions on the back of this report)

Notice - Collection and Use of Personal Information: The personal information required under this form is collected on behalf of and used by the securities regulatory authorities set out below for purposes of the administration and enforcement of certain provisions of the Securities Act and the Securities Regulation. Some of the required information will be made public pursuant to the provisions of the Act and the Regulation. If you have any questions about the collection and use of this information, you may contact the securities regulatory authority in any jurisdiction.



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

FREEOLD NATURES LIMITED (FORMERLY INTERNATIONAL FREEOLD MINERAL DEVELOPMENT INC.)

BOX 3. NAME, ADDR
FAMILY NAME OR CORP. GIVEN NAMES
BARR HARRY
STREET NO. CITY PROV. POSTAL CODE
2303 WEST 41ST AVENUE APT 16M2A3
VANCOUVER BC

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

LOCK LETTERS) 03024131

ALBERTA ONTARIO
BRITISH COLUMBIA QUEBEC
MANITOBA SASKATCHEWAN
NEWFOUNDLAND
NOVA SCOTIA

BOX 2. INSIDER DATA

RELATIONSHIP TO REPORTING ISSUER
 [X] 15 [] [] [] []
 DATE OF LAST REPORT FILED
 CHANGE IN RELATIONSHIP FROM LAST REPORT [] YES [] NO
 IF INITIAL REPORT, DATE OR WHICH YOU BECAME AN INSIDER
 DAY / MONTH / YEAR
 DAY / MONTH / YEAR

POSTAL CODE
N6M2A3

CHANGE IN NAME, ADDRESS OR TELEPHONE NUMBER FROM LAST REPORT [] YES [X] NO

BUSINESS TELEPHONE NUMBER
1604 - 685 - 1870

BUSINESS FAX NUMBER
1604 - 685 - 16550

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)

(A) DESIGNATION OF CLASS OF SECURITIES	(B) BALANCE OF CLASS OF SECURITIES OR LAST REPORT	(C) TRANSACTIONS	(D) MARKET BALANCE OF CLASS OF SECURITIES HELD BY REPORTER	(E) DIRECT/INDIRECT OWNERSHIP OR INTEREST OR CONTROL OR INTEREST HELD BY DIRECTOR	(F) IDENTIFY THE REGISTERED HOLDER WHERE OWNERSHIP IS INTEREST OR WHERE CONTROL OR INTEREST IS EXERCISED
Options	51250	NATURE	NUMBER VALUE ACQUIRED	UNIT PRICE / EXERCISE PRICE	\$ US
Options	150000				
Warrants	15000				
Warrants	516377				
Common	5000				
Common	81984				
Common	149150				
	346314				

BOX 6. REMARKS
 JUL 11 2003
 THOMSON FINANCIAL
 PROCESSED
 JUL 25 AM 7:2

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.

BOX 7. SIGNATURE
 NAME (BLOCK LETTERS) HARRY BARR
 SIGNATURE [Signature]
 DATE OF THE REPORT []
 DAY / MONTH / YEAR