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FORM 55-102F6
INSIDER REPORT

(See instructions on the back of this report)

Notice - Collection and Use of P.I. for purposes of the administration and disclosure of any person or company may contact the securities regulatory

03024626



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

PACIFIC NORTH WEST CAPITAL CORP.

BOX 2. NAME, ADDRESS AND TELEPHONE NUMBER OF THE INSIDER (BLOCK LETTERS)

FAMILY NAME OR CORPORATE NAME: BARR
GIVEN NAMES: HARRY
NO. STREET: 2303 WEST 41ST AVENUE APT
CITY: VANCOUVER
PROV.: BC
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 1. INSIDER DATA

RELATIONSHIP(S) TO REPORTING ISSUER: 14 15 16 17
DATE IN WHICH YOU BECAME AN INSIDER: 03/06/03
CHANGE IN RELATIONSHIP FROM LAST REPORT: YES NO

BOX 6. INSIDER HOLDINGS AND CHANGES (IF INITIAL REPORT, COMPLETE SECTIONS A, B, C AND F ONLY. SEE ALSO INSTRUCTIONS TO BOX 6)

A	DESIGNATION OF CLASS OF SECURITIES	B	C		D	E	F
			NUMBER VALUE ACQUIRED	NUMBER VALUE DISPOSED OF			
	Private Options (30000)				30000	11	H. Barr
	Options	487000			487000	12	Edn Gravity
	Common	371500			371500	12	Edn Gravity
	Common	32000			32000	11	H. Barr
	Common	1041670	2000	10.45	1043670	12	293020 EC LTD.

PROCESSED
JUL 22 2003
THOMSON FINANCIAL

BOX 6. REMARKS
JUL 18 AM 7:21
dlw 7/18

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.

CORRESPONDENCE ENGLISH FRENCH

KEEP A COPY FOR YOUR FILE

BCSC 55-102F6 Rev. 2001 / 6 / 25

VERSION FRANÇAISE DISPONIBLE SUR DEMANDE

BOX 7. SIGNATURE

HARRY BARR

DATE OF THE REPORT: 17/07/03

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.