

129 82-3520

INSIDER REPORT

(See instructions on the back of this report)

Notice - Collection and Use of Personal Information: The person for purposes of the administration and enforcement of certain provisions of the Securities Act, the Securities Regulation, and the Securities Act (collectively, the "Act") is required to collect and use the information disclosed to any person or company except to any of the securities regulators in any jurisdiction(s) in which the securities are issued.



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Page 1 of 1

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

FORE GOLD MINERALS INC

BOX 2. INSIDER DATA

RELATIONSHIP TO REPORTING ISSUER: DIRECTOR, OFFICER, SHAREHOLDER, OTHER

DATE OF LAST REPORT FILED: 13/01/10

OR DATE OF INITIAL REPORT, OR DATE ON WHICH YOU BECAME AN INSIDER: _____

CHANGE IN RELATIONSHIP FROM LAST REPORT: YES NO

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

DESIGNATION OF CLASS OF SECURITIES	BALANCE OF CLASS OF SECURITIES OR LAST REPORT	DATE			NATURE	NUMBER/VALUE ACQUIRED	NUMBER/VALUE DISPOSED OF	UNIT PRICE/ EXERCISE PRICE	\$ US	PERSONAL BALANCE OF CLASS OF SECURITIES HELD	DIRECT/INDIRECT OWNERSHIP CONTROL OR DIRECTION	IDENTIFY THE REGISTERED HOLDER WHERE OWNERSHIP IS EXERCISED OR WHERE CONTROL OR DIRECTION IS EXERCISED
		DAY	MONTH	YEAR								
Common	300000									300000		
WARRANTS	150000									150000		
Options	2250000	03	02	05	152					2200000		THOMSON FINANCIAL

BOX 6. REMARKS

PROCESSED
MAR 17 2009
THOMSON FINANCIAL

BOX 3. NAME, ADDRESS AND TELEPHONE NUMBER

FAMILY NAME OR CORPORATE NAME: KESELL
 GIVEN NAMES: GORDON
 ADDRESS: 3790 SOUTHERIDGE STREET WEST VANCOUVER BC V6V 3T1
 BUSINESS TELEPHONE NUMBER: 604-687-1203
 BUSINESS FAX NUMBER: 604-687-1341
 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
 BRITISH COLUMBIA
 MANITOBA
 NEWFOUNDLAND
 NOVA SCOTIA
 ONTARIO
 QUEBEC
 SASKATCHEWAN
 SEC

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.

ATTACHMENT YES NO

CORRESPONDENCE ENGLISH FRENCH

KEEP A COPY FOR YOUR FILE

BOX 7. SIGNATURE

NAME (BLOCK LETTERS): Gordon Kessel
 SIGNATURE: [Signature]
 DATE OF THE REPORT: 10/10/05

DAY: 10 MONTH: 10 YEAR: 05