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News Release
DRILLING COMPLETED ON THE JJ AND DISCOVERY ZONES
AT SKOONKA CREEK, BRITISH COLUMBIA

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#06-12

Strongbow Exploration Inc. (SBW: TSXV) announced today that a fifteen hole, 2,545 metre spring exploration drilling program at the Skoonka Creek gold property in southern British Columbia is now complete and that epithermal gold mineralization at the JJ prospect has been extended to a depth of 140 metres down dip. Strongbow is currently working to earn up to a 60% interest in the property from **Almaden Minerals Ltd. (AMM: TSX)**. Skoonka Creek exploration highlights include:

- Drilling has tripled the down dip extent of epithermal gold mineralization at the JJ prospect. Five drill holes were completed to test down dip of the JJ vein system below 2005 drilling, returning best assays of 5.79 g/t Au and 28.2 g/t Ag over 1.73 metres from drill hole SC-012 and 7.25 g/t Au over 0.92 metres from drill hole SC-015;
- Petrographic investigations of vein material from the JJ prospect indicate mineralogical and textural evidence that the vein system is only very shallowly eroded, implying excellent exploration potential at greater depths;
- An additional seven drill holes completed to test targets along strike of the JJ prospect have intersected locally significant clay alteration associated with narrow quartz veins. Assay results from these holes are pending and will be reported when received;
- Three drill holes completed at the Discovery showing have each intersected significant intervals of banded quartz veining and quartz breccias displaying textures typical of low sulphidation epithermal systems. Assays for these holes are pending and will be reported when received;
- Summer field crews have been mobilized and have commenced field investigations that will include follow up of high priority exploration targets in the Blackburn, Gold Creek and Ember areas as well as regional investigations of the two thirds of the property that has yet to be explored. A follow up drilling program is planned for Fall 2006.

JJ Prospect

Spring drilling of the JJ prospect was intended to follow up the results of an initial exploration drill program completed in the fall of 2005, which returned locally significant gold grades within a low sulphidation epithermal vein system. A total of twelve drill holes totalling 2,056 metre were completed at the JJ prospect during the spring program. Complete results for the first five drill holes are summarized as follows:

DDH	Angle	From (m)	To (m)	Interval ¹ (m)	Assay (g/t Au)	Assay (g/t Ag)	
SC-012	-50	132.38	138.54	6.16	2.08	9.50	
Including		136.81	138.54	1.73	5.79	28.17	
		151.48	154.30	2.82	1.33	1.50	
SC-013	-65	No Significant Results					
SC-014	-75	124.20	125.73	1.53	1.84	1.39	
Including		124.90	125.36	0.46	4.68	2.70	
SC-015	-46	99.48	105.46	5.98	1.42	1.11	
Including		101.30	102.22	0.92	7.25	2.71	
		156.20	161.20	5.00	0.85	0.92	
		179.36	179.80	0.44	1.36	0.60	
SC-016	-61	90.50	98.50	8.00	1.20	1.98	
Including		92.56	95.39	2.83	2.91	3.77	

¹Current geological interpretations of the mineralized system are preliminary and therefore only drill widths are reported

All five of the above reported drill holes tested the down dip extent of the JJ vein system below the 2005 drilling. With the exception of the high grade gold assays reported for drill holes SC-007 and SC-008, the results reported above are consistent with the results reported from the 2005 drilling. In addition to the above reported intervals, all five holes encountered broad zones of altered tuffaceous units that returned anomalous (>0.1 g/t gold) gold values. Drill holes SC-015 and SC-016 tested down dip of 2005 drill hole SC-008 which returned a highlight assay of 20.2 g/t gold over 12.8 metres at a depth of approximately 40 metres below surface. Both holes intersected quartz veining and clay alteration similar to that seen in previous drilling, with the banded quartz veining intersected in SC-016 extending the mineralized zone to a depth of 75 metres down dip from surface. At approximately 100 metres down hole, SC-016 encountered extensive, very soft clay alteration which prevented further penetration beyond 101.5 metres. Preliminary interpretations suggest that the entire width of the down dip extension of the JJ system was not adequately tested due to the termination of this hole prior to the planned target depth.

Drill holes SC-012 through SC-014 tested below 2005 drill hole SC-006 which returned 7.48 g/t gold over 4.1 metres. All three holes were drilled from the same collar location and intersected limited quartz veining and quartz vein breccias texturally similar to those intersected in previous drilling. SC-012 and SC-014 returned several anomalous zones, including respective zones of 6.16 metres grading 2.08 g/t gold and 9.5 g/t silver and 1.53 metres grading 1.73 g/t gold. Drill hole SC-013 intersected a 6.5 metre zone of intense alteration and quartz veining but failed to return significant gold mineralization. The mineralized interval from SC-014 is interpreted as representing the extension of the JJ zone to 140 metres down dip from surface.

The remaining seven drill holes from the spring program tested various geophysical and soil geochemical target areas along strike to the east (SC-017 through SC-019) and west (SC-020 through SC-023) of the main JJ vein system. All drill holes intersected significant clay alteration with limited quartz veining. Assays from these drill holes remain outstanding and will be reported once received.

Recently completed petrographic studies have concluded that the JJ vein system is dominantly comprised of very fine grained microcrystalline quartz. Adularia has not been identified in any thin sections examined to date. This textural and mineralogical evidence, combined with generally erratic gold grades and gold/silver ratios, suggests the vein system is only very shallowly eroded and that mineralization encountered to date is typical of very high levels in a low sulphidation epithermal environment. Future drilling of the prospect will concentrate on testing the vein system to greater depths.

Discovery Showing

The final three holes (490 m) of the spring drilling program tested the Discovery gold showing, located approximately 3,500 metres northeast of the JJ prospect, at the northern edge of a broad multi-element soil geochemical anomaly that extends over a 1,500 metre by 2,000 metre area (the 'Discovery-Backburn trend'). The showing is characterized by a low grade quartz breccia zone from which a large chip sample collected by Almaden returned a weighted average gold grade of 0.38 g/t gold over 4.2 metres. The three drill holes (SC-024 through SC-026) were completed from two set-ups located 50 metres apart with each hole intersecting alteration and quartz breccia zones similar to those observed at surface. The quartz breccias are interpreted to have a near vertical dip and have been traced to a depth of 100 metres down dip from the surface showing. The quartz breccia zones encountered in each hole display epithermal vein textures typical of low sulphidation epithermal systems. Assay results from these three drill holes will be reported once received.

Summer field program started

Crews have been mobilized for an intensive summer field program. Planned work includes detailed follow up of the Discovery-Backburn trend, focusing on the Gold Creek, Ember and Backburn gold in soil anomalies. The Backburn anomaly represents a robust 850 metre by 450 metre soil geochemical anomaly on the edge of the 2005 regional soil grid and remains open to the east. Follow up work is intended to consist of soil sampling and ground geophysical surveys as well as mechanized trenching. Detailed mapping of the entire property at 1:10,000 scale will also be completed as well as prospecting and geochemical surveys of the remaining three quarters of the property that has seen limited to no previous exploration activity. The goal of the summer program is to identify new target areas within the property and to upgrade existing targets to the drill ready stage in anticipation of a 3,000 metre drilling program scheduled for the fall of 2006.

The 2006 exploration program at Skoonka Creek is being conducted under the supervision of David Gale, P.Geo.(BC), Vice-President of Exploration for Strongbow and a qualified person under NI 43-101. A quality assurance/quality control program is in place, with the insertion of standard, blank and field duplicate samples into the sample stream. All samples from the drilling program were split with one half the core submitted to Acme Analytical Laboratories of Vancouver, BC for analysis. All samples are analyzed by 32 element ICP-AES, with samples anomalous in gold (>100 ppb) submitted for standard fire assay with gravimetric finish. Strongbow is presently working to earn up to a 60% interest in the Skoonka Creek property from Almaden by incurring \$4 million in exploration expenditures and making certain share issuances over a 6 year period.

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The TSX Venture Exchange has not reviewed, and does not accept responsibility for the adequacy of this release.