FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **Rockland Resources Ltd. (the "Issuer)**

Trading Symbol: **RKL**

Number of Outstanding Listed Securities: **78,084,712**

Date: **August 6, 2026 *(for the month ended July 31, 2026)***

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced and non-promotional.

General Instructions

(a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.

(b) The term "Issuer" includes the Issuer and any of its subsidiaries.

(c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

Report on Business

1. Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.

On July 14, 2026 the Company reported assay results from 19 holes completed during the 5,632.5-metre RL-COLE-26 winter drill program at its 100%-owned Cole Gold Mines Project in the Red Lake Mining District of Ontario.

The program returned significant gold values in 12 of 19 holes with new results including 79.9 g/t Au over 0.50 metres near surface in RR-26-08, a new drill-confirmed gold zone at Greg Smith Lake approximately 1.1 kilometres southwest of the historic mine, and gold mineralization in all three holes completed during the first drill test of the historically mapped Vein 15 quartz structure.

On July 29, 2026 the Company announced it has signed a letter of intent with a subsidiary of Evolution Mining Ltd. to acquire an interest of up to 70 per cent in Evolution's Pipestone Bay project that adjoins Rockland's Cole gold mines project in the west Red Lake region of Ontario.

The large land package consists of approximately 2,850 hectares and adjoins the Cole project on both the west and south borders, significantly expanding and enhancing Rockland's exposure to this highly prospective and undertested portion of the Red Lake greenstone belt. The Pipestone Bay property is host to numerous high-grade exploration targets and showings, and provides complete coverage of the large magnetic anomaly under Pipestone Bay that is interpreted to potentially represent a large intrusive body.

Cumulative terms of the non-binding LOI call for Rockland to issue up to 500,000 shares and to incur up to $11.5-million over a 5.5-year term. Evolution has the right to reacquire from Rockland, such an interest, that results in Evolution's project ownership becoming 70 per cent, by paying 1.5 times incurred relevant expenditures (subject to Rockland defining a mineral resource containing at least 1.5 million ounces of gold or equivalent). A definitive agreement is expected to be finalized in the coming month with an exploration campaign to test the collective property immediately thereafter.

On July 30, 2026 the Company announced it is currently accepting bids from drilling contractors for the program. The selected contractor and planned meterage will be announced upon award of the contract.

Clarification of LOI (letter of intent) terms with Evolution Mining

Further to the company's news release dated July 29, 2026, Rockland wishes to clarify the ownership outcome contemplated under its non-binding letter of intent with a subsidiary of Evolution Mining Ltd. (Australian Securities Exchange: EVN) in respect of Evolution's Pipestone Bay project.

Rockland may earn up to a 70-per-cent interest in the Pipestone Bay project. If Rockland earns the full 70 per cent, Evolution has the right to reacquire an interest that would bring Evolution's ownership to 70 per cent. Evolution may exercise that right only if:

Rockland has defined a mineral resource containing at least 1.5 million ounces of gold or gold equivalent;

Evolution pays 1.5 times the relevant expenditures incurred by Rockland.

If Evolution exercises the right, Rockland will retain a 30-per-cent interest in the Pipestone Bay project.

Disclosure of a technical or scientific nature, when issuing the preceding news releases, were reviewed and approved by Donald Hoy, M.Sc., P.Geo., a Qualified Person under the definition of National Instrument 43-101 and a consultant to Rockland Resources.

News release for the Company are available on SEDAR+.

2. Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.

An upcoming drill program is being planned and the Company is soliciting bids

from local drillers.

3. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.

   None to Report

4. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.

   None to Report

5. Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.

   None to Report.

6. Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.

   The Company has signed a letter of intent with a subsidiary of Evolution Mining Ltd. to acquire an interest of up to 70 per cent in Evolution's Pipestone Bay project that adjoins Rockland's Cole gold mines project in the west Red Lake region of Ontario.

   The large land package consists of approximately 2,850 hectares and adjoins the Cole project on both the west and south borders, significantly expanding and enhancing Rockland's exposure to this highly prospective and undertested portion of the Red Lake greenstone belt. The Pipestone Bay property is host to numerous high-grade exploration targets and showings, and provides complete coverage of the large magnetic anomaly under Pipestone Bay that is interpreted to potentially represent a large intrusive body.

   Cumulative terms of the non-binding LOI call for Rockland to issue up to 500,000 shares and to incur up to $11.5-million over a 5.5-year term. Evolution has the right to reacquire from Rockland, such an interest, that results in Evolution's project ownership becoming 70 per cent, by paying 1.5 times incurred relevant expenditures (subject to Rockland defining a mineral resource containing at least 1.5 million ounces of gold or equivalent). A definitive agreement is expected to be finalized in the coming month with an exploration campaign to test the collective property immediately thereafter.

7. Describe the acquisition of new customers or loss of customers.

N/A

8. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks.

N/A

9. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

None to Report

10. Report on any labor disputes and resolutions of those disputes if applicable.

None to Report

11. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.

None to Report

12. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms such indebtedness.

None to Report

13. Provide details of any securities issued and options or warrants granted. **N/A**

Security	Number Issued	Details of Issuance	Use of Proceeds[1]

(1) State aggregate proceeds and intended allocation of proceeds.

14. Provide details of any loans to or by Related Persons.

None to Report

15. Provide details of any changes in directors, officers or committee members.

None to Report

16. Discuss any trends which are likely to impact the Issuer including trends in the Issuer’s market(s) or political/regulatory trends.

None to Report

Certificate of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof there were is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated: August 6, 2026.

Mike England
Name of Director or Senior Officer

"Mike England"
Signature

Chief Executive Officer and Director
Official Capacity

Issuer Details Name of Issuer **Rockland Resources Ltd.**	For Month End **July 31, 2026**	Date of Report YY/MM/DD **26/08/06**
Issuer Address **Suite 1240, 789 West Pender Street**		
City/Province/Postal Code **Vancouver, British Columbia, V6C 1H2**	Issuer Fax No. **N/A**	Issuer Telephone No. **(604) 683-3995**
Contact Name **Mike England**	Contact Position **Chief Executive Officer and Director**	Contact Telephone No. **(604) 683-3995**
Contact Email Address mike@engcom.ca	Web Site Address **www.rocklandresources.ca**	