UNITED STATES

SECURITIES AND EXCHANGE COMMISSION

ECURITIES A	IND EXCHANGE	COMMISSION
	Washington, D.C. 20549	
	FORM 8-K	
	CURRENT REPORT	
Pursuant to Section 1	3 or 15(d) of The Securities	Exchange Act of 1934
Date of Repo	rt (Date of earliest event reported): May 4, 2004
PLAIN	NS RESOURCE	ES INC.
(Exa	ct name of registrant as specified in ch	narter)
Delaware (State of Incorporation)		13-2898764 (I.R.S. Employer Identification No.)
	0-9808	
	(Commission File No.)	

700 Milam, Suite 3100

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Houston, Texas 77002

(Address of Principal Executive Offices)

(Zip Code)

Registrant s telephone number, including area code: (832) 239-6000

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Item 5. Other Events

On May 4, 2004 Plains Resources Inc. (PLX) issued a press release reporting 2004 first quarter results.

Item 7. Financial Statements and Exhibits

(c) Exhibit 99.1 Press Release dated May 4, 2004

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SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Company has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

PLAINS RESOURCES INC.

Date: May 4, 2004

/s/ John F. Wombwell

John F. Wombwell Executive Vice President, Secretary and General Counsel

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