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Wherefore, having thus described the present invention, what is claimed is:

1. A ceramic foam precursor resin composition comprising pre-ceramic resin, phenolic resin, and electrically conductive strengthening fibers mixed therein, wherein the respective resins comprise in relation to each other greater than about 50 wt. % up to 90 wt. % pre-ceramic resin, and greater than about 10 wt. % and less than 50 wt. % phenolic resin.

2. A ceramic foam precursor resin composition as claimed in claim 1 wherein pre-ceramic resin is greater than about 70 wt. % and phenolic resin is less than about 30 wt. %.

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3. A ceramic foam precursor resin composition as claimed in claim 1 wherein the electrically conductive fibers are carbon fibers.

4. A ceramic foam precursor resin composition as claimed in claim 1 comprising in addition magnetically attractive particles mixed therein.

5. A ceramic foam precursor resin composition as claimed in claim 4 wherein the magnetically attractive particles are iron-base particles.

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