

For Immediate Release  
Calgary, Alberta

Monday, November 20, 2006  
TSXV Trading Symbol: "WHY"  
32,385,144 Common Shares Issued

**WEST HIGH YIELD RESOURCES UPDATES DRILL CORE RESULTS  
AND INCREASED MINERALIZATION**

**CALGARY, ALBERTA**, - November 20, 2006. West High Yield (W.H.Y.) Resources Ltd. ("West High Yield" or the "Company") announces that it has completed the drilling of 18 of 23 holes of its 2006 diamond drill program of its Phase 2 diamond drill program on its properties, located on the western outskirts of Rossland, British Columbia. Two drill holes are currently underway and will be completed before the end of November, 2006 and three additional drill holes will be commenced and completed before the end of the year, if weather permits. Of the 18 drill holes completed, 11 have been assayed. The Company reported on the first eight of those holes in October, 2006 and is providing an update of the results of the drilling program with respect to the three additional holes completed and the Company's overall assessment of its Midnight property to date. The cores for seven of the remaining twelve drill holes are currently being assayed by ALS Chemex Laboratories ("Chemex") of Vancouver, B.C. and the remaining five drill holes will be submitted to Chemex upon completion.

As the Company previously reported, gold mineralization was encountered in seven of the first eight holes, with significant intersections reported from drill holes DDH SR06-7 and 8. The Company announces the gold results from the three drill holes currently assayed (DDH SR06-9, 10 and 11). These holes were drilled to test the lateral extent of mineralization identified in drill holes DDH SR06-7 and 8. Of the three new holes assayed, significant gold results were encountered in drill hole DDH SR06-11, which returned a weighted average of 2.03 grams per tonne gold over 55.2 meters (includes 10.2 grams per tonne gold over 7.0 meters and 40.9 grams per tonne gold over 1.1 meters). Significant intercepts from the three holes are tabled below:

Site	Hole #	Azimuth/Angle (degrees)	Gold g/t (oz/ton)	Interval m(ft)	
				From	To
3	DDH SR06-9	36 / -45	4.36 (0.13)	20 (66)	22.3 (73)
3	DDH SR06-10	36 / -75	3.92 (0.11)	46.3 (152)	47.5 (156)
3	DDH SR06-11	345 / -60	2.03 (0.06)	14.6 (48)	69.8 (229)
			10.2 (0.3)	22 (72.5)	29 (96)
			40.9 (1.17)	28.2 (92.5)	29.3 (96)

The diamond drilling completed on the Company's Midnight property to date has established the continuity of the quartz-carbonate hosted gold mineralization. The Company also advises that a detailed analysis of the serpentinite host rock termed the "O.K. Ultramafic Body" has been undertaken as initial assays have returned an average of 0.15% nickel. The Company has recently set up a laboratory in Trail, British Columbia to experiment and study hydrometallurgical process technology to optimize the recovery of nickel, palladium and platinum from the serpentinite.

The Company's drilling operations are being conducted on the Rossland Gold Camp property which is situated approximately 2.5 kilometers west of the town of Rossland, B.C. The Company controls approximately 2,750 contiguous hectares of mineral and crown granted claims and is exploring on its primary properties which are the Midnight, OK and IXL crown grants. Historically, under previous ownerships, these properties experienced gold production from narrow quartz veins with high grade gold content. The Company commenced a two phase program with Phase 1 consisting of prospecting and geological mapping of the newly-staked claims, investigation of old showings and geochemical sampling westward and eastward from the existing grid followed up with backhoe trenching. Phase 1 was completed in 2005 and the Company undertook its Phase 2 drilling program in the spring of 2006, with a planned total of approximately 8,000 feet which commenced with step-out drilling from the known mineralized zone present in the Midnight (3100 level) workings. The Company currently has two drilling rigs contracted and operating. Drill holes are drilled from locations approximately 300 feet apart with 2 to 6 holes being fanned from each drill location at varying drill angles ranging from 45 to 90 degrees.

The Company's field activities are supervised and the technical data for this report was prepared by H. Kim, P.Geo/P.Eng (Practicing) and reviewed by Warren Robb, P.Geo, the Company's director of geology and exploration, both "Qualified Persons", as defined by National Instrument 43-101 ("NI 43-101").

West High Yield Resources is a junior mining exploration company focused on the acquisition, exploration and development of mineral resource properties in Canada with a primary objective to locate and develop economic gold properties.

For further information please contact:

**Frank Marasco**  
**President and Chief Executive Officer**  
**West High Yield (W.H.Y.) Resources Ltd.**  
28 Arbour Lake Drive N.W.,  
Calgary, Alberta T3G 3N8  
Telephone: (403) 660-3488  
Facsimile: (403) 206-7159

**Email: [frank@whyresources.com](mailto:frank@whyresources.com)**

**Craig G. Robson**  
**Vice President, Corporate Development and**  
**Investor Relations**  
**West High Yield (W.H.Y.) Resources Ltd.**  
Suite 520, 700 West Pender Street  
Vancouver, B.C. V6C 2T8  
Telephone: (604) 685-5851 or 888-685-5851  
Facsimile: (604) 685-7349

**Email: [cgrobson@shaw.ca](mailto:cgrobson@shaw.ca) or [craig@urg.ca](mailto:craig@urg.ca)**

***READER ADVISORY***

*Certain information regarding the Company including management's assessment of future plans and operations, may constitute forward-looking statements under applicable securities laws and necessarily involve risks associated with mining exploration, production, marketing and transportation such as loss of market, volatility of prices, currency fluctuations, imprecision of reserve estimates, environmental risks, competition from other producers and ability to access sufficient capital from internal and external sources. As a consequence, actual results may differ materially from those anticipated in the forward-looking statements.*

*The TSX Venture Exchange does not accept responsibility for the adequacy or accuracy of this release.*

*Not for dissemination in the United States or to U.S. persons.*