

For Immediate Release
Calgary, Alberta

March 22, 2007
TSXV Trading Symbol: "WHY"
34,585,144 Common Shares Issued

WEST HIGH YIELD RETRACTS RESERVE ESTIMATE

CALGARY, ALBERTA, - Thursday, March 22, 2007. West High Yield (W.H.Y.) Resources Ltd. ("West High Yield" or the "Company") advises that it has not yet obtained an independent technical report with respect to its Rossland property and therefore the statement made in its news release of March 21, 2007 with respect to an estimated amount of reserves of 220,000 tons averaging 1.82 g/t Au in its Midnight property was not in compliance with NI 43-101 and the Company therefore wishes to retract this disclosure. The Company also advises that the resource should not be relied upon and the Company has no current mineral resources on the property.

West High Yield is a junior 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.

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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.

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