

For Immediate Release
Calgary, Alberta

May 7, 2007
TSXV Trading Symbol: "WHY"
34,585,144 Common Shares Issued

WEST HIGH YIELD ENCOUNTERS NICKEL MINERALIZATION IN ROSSLAND ULTRAMAFICS

CALGARY, ALBERTA – Monday, May 7, 2007. West High Yield (W.H.Y.) Resources Ltd. ("West High Yield" or the "Company") announces that it has received the analysis for all 21 drill holes completed in its 2006 Diamond Drill Program on its OK, Midnight and IXL properties located near Rossland, British Columbia. ALS Chemex provided the assay for all 21 drill holes. In the course of its gold exploration activities, West High Yield intersected broad zones of Ultramafic rock containing nickel mineralization. The rock unit termed the "OK Ultramafic" was intersected in 13 of the 21 holes drilled with significant results including 122 metres true width grading 0.18 % nickel in holes SR06-1 and SR06-17 and 80 meters true width grading 0.19 % in hole SR06-21.

Tabulated below is a summary of nickel mineralization encountered in the OK Ultramafic body outlined in the 2006 drill program.

SITE	DDH	FROM Ft	TO ft	TRUE WIDTH ft (m)	NICKEL % (lbs/t)
1	SR06-1	146	701	400 (122)	0.18 (4.0)
	SR06-2	30	274	160 (49)	0.095 (2.1)
	SR06-3	71	416	312 (95)	0.17 (3.9)
2	SR06-4	27	416	255 (78)	0.19 (4.2)
	SR06-5	42	402.5	200 (60)	0.17 (3.8)
3	SR06-11	215	621	260 (79)	0.17 (3.8)
	SR06-21	76	529	265 (80)	0.19 (4.2)
5	SR06-14	21	846	640 (195)	0.12 (2.7)
	SR06-15	26	436	295 (90)	0.15 (3.4)
	SR06-16	29	556	320 (97)	0.17 (3.7)
6	SR06-17	55	606	400 (122)	0.18 (4.0)
	SR06-18	20	191	150 (46)	0.17 (3.8)
	SR06-20	41	186	138 (42)	0.19 (4.2)

Concurrent with the 2006 drill program, the Company advises that it collected chip and channel samples from road cuts and outcrops occurring along a one kilometer section of road on its Ivanhoe Ridge property which is contiguous to the Company's OK property. The samples were initially taken along the Cascade Highway near the foot of Ivanhoe Ridge in July, 2006. The samples were initially tested by ALS Chemex with conventional ICP-AES (41 elements) analysis and further tested by Assayer Canada using "multi-acid (4 acid) digest Atomic Absorption" analytical method in November, 2006. Tabulated below is a summary of the results obtained from Assayer Canada.

Ivanhoe Ridge Surface Sample Description

Sample #	Sample Length m	Sampling Method	Nickel % (lb/t)	Field description
B479651	2	grab	0.260 (5.8)	Black serpentinite; serpentized dunite; fragmented outcrop; fresh (not weathered)
B479652	2	grab	0.237 (5.3)	Black serpentinite; serpentized dunite; fragmented outcrops containing weakly weathered dunite
B479657	3	channel	0.235 (5.2)	Black serpentinite; serpentized dunite; containing weakly weathered dunite
B479659	3	channel	0.239 (5.3)	Black serpentinite; serpentized dunite; containing weakly weathered dunite
B479660	3	chip	0.243 (5.4)	Black serpentinite; serpentized dunite; containing rusted dunite
B479661	3	chip	0.261 (5.8)	Black serpentinite; serpentized dunite; fresh (not weathered)
B479662	3	chip	0.237 (5.3)	Black serpentinite with greenish tinge
B479663	4	chip	0.244 (5.4)	Black serpentinite; serpentized dunite; relatively fresh
B479665	3	chip	0.247 (5.5)	Black serpentinite; serpentized dunite; relatively fresh
B479666	3	chip	0.251 (5.6)	Black serpentinite; serpentized dunite; relatively fresh
B479667	5	chip	0.250 (5.5)	Black serpentinite; serpentized dunite; relatively fresh
B479668	10	grab	0.252 (5.6)	Black serpentinite; serpentized dunite; relatively fresh

The Company is encouraged by the consistency and broad distribution both laterally and to depth of the nickel values returned thus far from both the OK and Ivanhoe Ridge Ultramafic rocks. The Ivanhoe Ridge Ultramafic body covers a surface area of approximately seven square kilometers and represents a large exploration area. The Company has mobilized field crews to implement an aggressive follow up program consisting of geological, geochemical and geophysical surveys to identify suitable drill targets within the Ivanhoe Ridge Ultramafic body. The Company has secured three drilling rigs and two rigs commenced the Company's 2007 diamond drilling program this week.

The Company's field activities are supervised and the technical data for this report was prepared by H. Kim, P.Geo/P.Eng (Practicing), the Company's on-site Geologist.

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 and nickel 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	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 or craig@urg.ca

READER ADVISORY

The TSX Venture Exchange has neither approved nor disapproved of the contents of this new release. The TSX Venture Exchange does not accept responsibility for the adequacy or accuracy of this release.

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.

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