

For Immediate Release
Calgary, Alberta

Tuesday, May 29, 2007
TSXV Trading Symbol: "WHY"
39,933,394 Common Shares Issued

WEST HIGH YIELD TO ACQUIRE MINERAL CLAIMS AND APPOINTS NEW DIRECTOR

CALGARY, ALBERTA, - May 29, 2007. West High Yield (W.H.Y.) Resources Ltd. ("West High Yield" or the "Company") announces that it has entered into an Asset Purchase Agreement to acquire three (3) mineral claims in Rossland, British Columbia from Lynn Bublitz. The mineral claims being purchased include the following: Hidden Valley - Mineral Tenure No. 513757, Hidden Valley 2 - Mineral Tenure No. 513788 and Hidden Valley 3 - Mineral Tenure No. 513794. The purchase price for the mineral claims is to be satisfied by the payment of cash in the sum of \$30,000 and the issuance of 80,000 common shares from the treasury of the Company. The shares issued to the Vendor will have a hold period of 4 months. Closing of the acquisition is expected to occur on or before May 31, 2007 and is subject to normal commercial conditions including final approval of the TSX Venture Exchange.

The Company is also pleased to announce that Ian F. T. Kennedy of Toronto, Ontario has been appointed to the Board of Directors. Mr. Kennedy is a mining engineer (P. Eng – Mining) with a B.Sc. (Geology and Geophysics) from McGill University. He has extensive experience as an executive officer and director of mining, energy and investment companies, including Conwest Exploration Company Ltd. of which he was a Vice-President and director. He is currently a partner with an investment banking firm in Toronto, Ontario. In conjunction with his appointment, the Board has granted Mr. Kennedy 200,000 stock options of the Company with an exercise price of \$0.60 per share. The options have a 5 year term and standard vesting provisions.

West High Yield 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 and nickel properties.

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