
WEST HIGH YIELD (W.H.Y.) RESOURCES LTD. NEWS RELEASE

For Immediate Release
Calgary, Alberta

Wednesday, November 14, 2007
TSXV Trading Symbol: "WHY"
40,820,794 Common Shares Issued

WEST HIGH YIELD AVERAGES 25.3% MAGNESIUM ON RECENT DRILLING RESULTS

CALGARY, ALBERTA. November 14, 2007. West High Yield (W.H.Y.) Resources Ltd. (the "Company") announces that it has received the analysis for drill hole #5 out of the 28 drill holes completed on its 2007 Diamond Drill Program. Drill hole #5 and the previously announced drill holes 1 through 4, were drilled on the Company's Ivanhoe Ridge claim located near Rossland, British Columbia. The assay results for drill holes 1 through 5 were provided by Assayer Canada of Vancouver, British Columbia. The Company has also submitted cores for the 23 additional drill holes completed in the 2007 drill program to Assayer Canada and anticipates receiving the results in the next few months. In the course of its exploration activities on the Ivanhoe Ridge claim, the Company intersected broad zones of Ultramafic rock containing magnesium, nickel, cobalt, and magnetite mineralization. Hole #5 on the claim had significant results over 80.92 meters true width averaging a grade of 24% magnesium and a nickel grade of 0.2145%. The five holes averaged 25.3% Magnesium and 0.2164% Nickel. The chart below summarizes the results for the first five drill holes.

Grid Location	DDH IV0 7	Hole Angle	Depth Metres		Length metres	Nickel %	Cobalt ppm	Chromium %	Magnetite %	Magnesium %
			From	To						
118 m N 100 m E	1	-90°	1.52	185.61	184.09	0.2354	98	0.3	5.49	24.7
	2	-50°	1.24	120.12	118.88	0.2018	111	0.3	5.46	24.4
200 m N 115 m E	3	-90°	2.55	159.49	156.94	0.2235	86	0.4	6.78	27.7
304 m N 125 m E	4	-90°	0.6	173.13	172.53	0.2071	116	0.4	5.88	25.9
388 m N 125 m E	5	-90°	1.22	80.92	79.68	0.2145	114	0.4	5.86	24.0
Ivanhoe Ridge South Average					142.42	0.2164	105	0.36	5.9	25.3

Disclaimer: The nickel values reported above include nickel in both sulphide and non-sulphide minerals as total nickel.

The Company also announces the resignation of Wayne Wilson, who has stepped down as the Company's Chief Financial Officer. The Board of Directors wishes to thank Mr. Wilson for his hard work and dedication to the Company from its inception. The Board of Directors also announces the appointment of Dwayne A. Vinck as the Company's new Chief Financial Officer effective October 26, 2007. Mr. Vinck is a financial consultant and Chartered Accountant with over twenty years of business experience. He is a member of both the Institute of Chartered Accountants of Alberta and the Institute of Internal Auditors. Pursuant to the Company's stock option plan and subject to regulatory approval, Mr. Vinck was granted

250,000 commons shares of the Company at a price of \$0.40 per share for a five year term with vesting over a three year period.

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.

About West High Yield

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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