

**WEST HIGH YIELD RELEASES LATEST 2007 DRILL RESULTS AND
CONTINUES TO AVERAGE HIGH MAGNESIUM CONTENT**

CALGARY, ALBERTA. March 5, 2008. West High Yield (W.H.Y.) Resources Ltd. ("West High Yield" or the "Company") announces that the Company has now received the analysis from its 2007 Diamond Drill Program for drill holes IV07 12 and 13 on the Company's Ivanhoe Ridge property and drill holes HV07 1 through 6 on its Hidden Valley property, which is contiguous to the Ivanhoe Ridge property. The Company has now received analysis for 20 out of 31 total drill holes in the 2007 program. The assay results were provided by Assayer Canada of Vancouver, British Columbia. The Company anticipates receiving the results of the remaining 11 drill holes within the next 4 weeks. In the course of its exploration activities on the Ivanhoe Ridge and Hidden Valley properties, the Company continues to see results which are consistent with the first 12 drill holes that were drilled on the Ivanhoe Ridge property. This includes broad zones of Ultramafic rock containing magnesium, nickel, cobalt and magnetite mineralization. The chart below summarizes the results for the North portion of Ivanhoe Ridge.

Ivanhoe Ridge

DDH IV07	Hole Angle	Depth metres		Length metres	Nickel %	Cobalt ppm	Chromium %	Magnetite %	Magnesium %
		From	To						
12	-50° (Drilled toward west)	4.6	13.7	●9.10	.2128	101	0.28	5.5	21.3
		23.97	53.8	29.83	.1628	100	0.25	5.7	20.0
13	-50° (Drilled toward north)	2.86	33.11	●30.25	.1881	100	0.27	5.8	23.0
		64.66	82.19	17.53	.1750	101	0.35	5.0	20.5
		101.86	122.83	20.97	.1538	84	0.23	5.0	20.8
		133.59	143.03	9.44	.1652	97	0.33	5.2	21.3
		193.45	211.22	17.77	.2005	106	0.34	5.3	21.9

Disclaimers:

- (1) The nickel values reported above include nickel in both sulphide and non-sulphide minerals as total nickel.
- (2) The North portion of the Ivanhoe Ridge property includes areas of moderate sub-volcanic and intrusive interruptions into the serpentinites.
- (3) Length metres with the ● symbol is from the overburden contact to the base of serpentinite intersection underlain (undercut).

As previously announced, in the 2007 Drill Program, the Company completed 30 NQ diamond drill holes totaling 6,012 metres on its Ivanhoe Ridge, Hidden Valley, Sophia Creek and Record Ridge properties and 1 NQ diamond drill hole (267 metres) on its Golden Drip property, prior to closing down field activities for winter in November, 2007. All of the properties are contiguous and are located near Rossland, British Columbia. The following chart summarizes the recently released results for the six drill holes completed on the Hidden Valley property. The Company advises that it continues to intersect broad zones of Ultramafic rock containing magnesium, nickel, cobalt and magnetite mineralization on this property.

Hidden Valley

DDH HV07	Hole Angle	Depth metres		Length metres	Nickel %	Cobalt ppm	Chromium %	Magnetite %	Magnesium %
		From	To						
1	-90°	2.13	104.53	•102.40	.1929	99	0.4	5.8	22.7
2	-90°	1.22	95.37	•94.15	.2066	107	0.32	6.1	24.0
3	-90°	1.22	15.27	•14.05	.2038	100	0.29	6.0	23.6
		26.31	32.14	5.83	.1909	88	0.24	5.2	21.1
		33.31	66.6	33.29	.1872	92	0.25	5.6	23.0
		69.17	85.11	15.94	.1384	76	0.17	4.6	14.9
4	-90°	1.22	16.87	•15.65	.1997	97	0.22	5.4	24.7
		20.42	29.65	9.23	.2010	95	0.23	5.5	23.3
		31.37	46.86	15.49	.1848	87	0.29	5.3	20.8
		65.03	78.09	13.06	.1674	83	0.20	4.2	18.9
5	-90°	9.05	11.05	•2.00	.2276	105	0.24	4.6	17.3
		18.63	34.25	15.62	.2005	96	0.28	4.8	21.6
		48.83	58.06	9.23	.1852	94	0.25	4.5	18.0
6	-90°	1.52	27.41	•25.89	.2140	105	0.28	5.8	22.2
		31.84	36.39	4.55	.1994	90	0.30	4.0	20.0
		38.75	103.94	65.19	.2134	104	0.27	6.1	24.7
		107.07	183.17	76.1	.2098	103	0.48	5.6	23.0
		188.36	203.13	14.77	.2006	101	0.28	5.4	25.3

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 publicly traded 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, nickel, magnesium, cobalt and magnetite properties.

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