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WEST HIGH YIELD RELEASES LATEST 2008 DRILL RESULTS

CALGARY, ALBERTA. September 18, 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 2008 Diamond Drill Program for 8 out of 38 holes drilled to date, which include locations RRS08-3 through RRS08-10 on the Company's Record Ridge South property. The assay results were provided by Assayer Canada of Vancouver, British Columbia. The Company anticipates receiving the results of the remaining 30 drill holes within the next few weeks and plans to complete up to 7 additional drill holes on this property to complete the necessary grid for a NI 43-101 compliant analysis of the property. In the course of its exploration activities on the Record Ridge South property, the Company continues to intersect broad zones of Ultramafic rock containing high magnesium mineralization. The chart below summarizes the results for the 8 drill holes on the Record Ridge South property received to date.

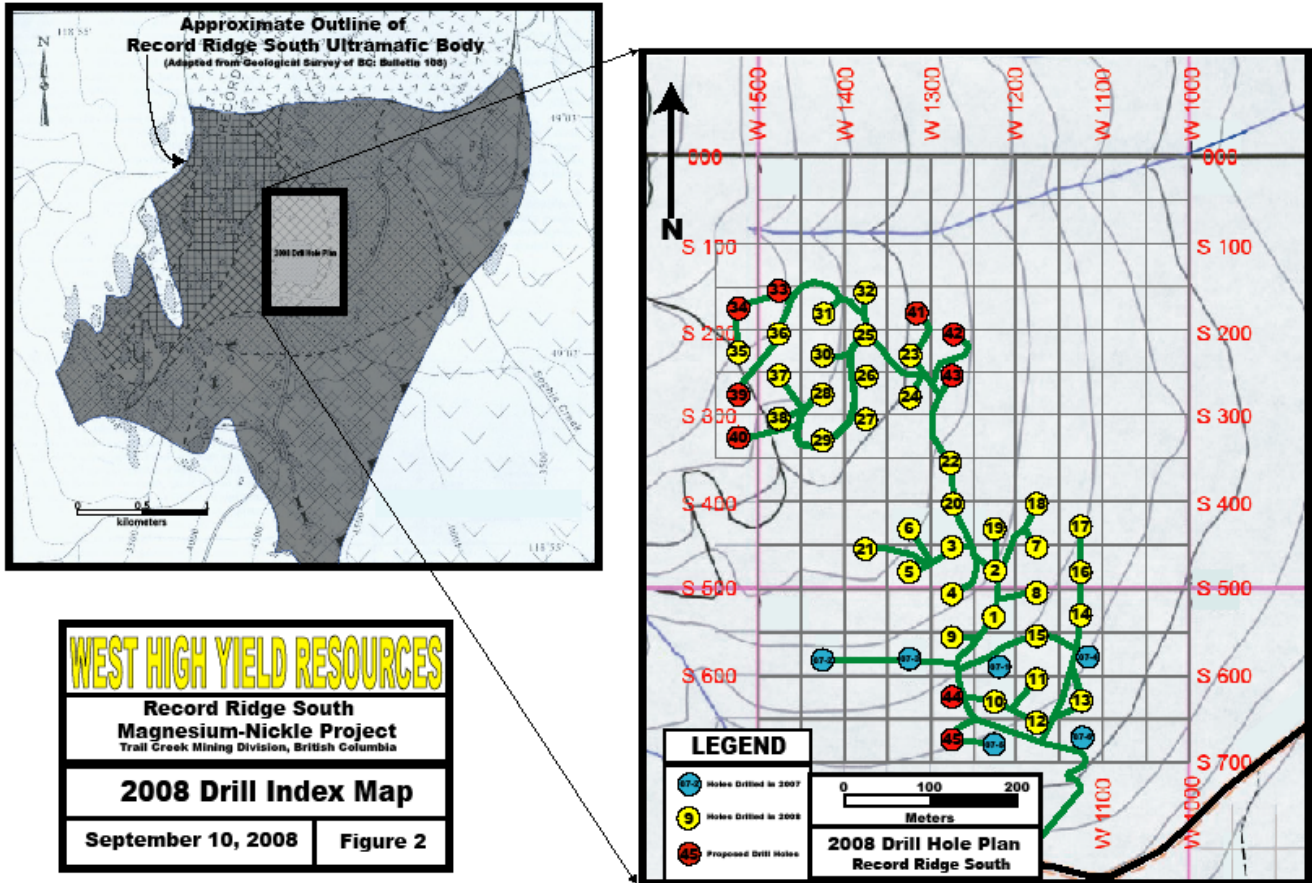
Record Ridge South

DDH RRS08	Depth metres		Length metres	Nickel %	Magnesium %
	From	To			
3	1.8	63.0	•61.2	0.22	25.0
	79.4	109.0	29.6	0.22	25.0
	111.5	149.7	16.5	0.21	24.0
4	4.6	36.0	•31.4	0.24	27.0
	40.9	123.1	82.2	0.25	27.0
5	0.6	22.3	•21.7	0.24	26.4
	24.3	45.3	21.0	0.20	23.0
6	1.2	54.8	•53.6	0.22	25.6
7	1.2	48.8	•47.6	0.20	26.8
	50.9	67.1	16.2	0.19	20.4
	68.5	123.4	54.9	0.27	26.7
8	1.5	12.5	•11.0	0.19	24.0
	15.7	25.2	9.5	0.20	25.3
	31.4	96.3	64.9	0.20	24.0
	104.6	123.8	19.2	0.19	23.0
9	1.2	4.9	•3.7	0.19	22.0
	16.9	29.5	12.6	0.19	21.0
	35.9	73.6	37.7	0.19	22.0
10	0.6	33.7	•33.1	0.20	22.0
	36.4	59.4	23.0	0.14	18.0
	64.7	71.7	7.0	0.15	17.0
	80.9	126.8	45.9	0.21	24.0

Disclaimers:

- (1) The nickel values reported above include nickel in both sulphide and non-sulphide minerals as total nickel. Sulphide nickel % has represented as much as 50% of total nickel when this analysis has been performed on other samples. At present, there is no known economic method to recover nickel from silicate minerals, thus the reported values could be confusing to investors who may interpret the above reported values as total recoverable nickel.
- (2) The 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).

The maps provided below outline the current progress of the 2008 drilling program, where on completion, the Company will have approximately 51 drill holes (6 drilled in 2007 and 45 drilled or proposed for 2008) with 50 meter spacing on its Record Ridge South property. The following is the 2008 Record Ridge South drill index map. (The dark grey rhombic shape is the 7.5 square kilometre discovery found by Kirk D. Hancock in 1982).



Note: Holes identified as numbers 37 and 38 were completed this week.

Golden Drip

It is anticipated that in the balance of the 2008 drilling season, weather permitting, the Company will continue to drill an additional 10 holes on its Golden Drip property. All of the Company's properties are contiguous and are located near Rossland, British Columbia.

Recoverability of Magnesium

At present, the Company is not certain if it can economically liberate magnesium from the source rocks that it has tested. The Company has provided core samples to both SGS Minerals Services ("SGS") in Lakefield, Ontario and Met-Solve Laboratories Inc. ("Met-Solve") in Burnaby, British Columbia to undergo a series of mineralogical tests to establish magnesium recoverability. When the tests have been completed, they will be reviewed by Kevin Scott, Principal Metallurgist with Scott Wilson Mining of Vancouver, British Columbia. The Company anticipates the final reports from these analyses in the next few months.

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 and magnesium properties.

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.

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