

For Immediate Release
Calgary, Alberta

Wednesday, November 26, 2008
TSXV Trading Symbol: WHY
40,830,794 Common Shares Issued

**WEST HIGH YIELD ANNOUNCES
THIRD QUARTER 2008 INTERIM FINANCIAL RESULTS**

CALGARY, ALBERTA, - November 26, 2008. West High Yield (W.H.Y.) Resources Ltd. (“West High Yield” or the “Company”) announces the release of its financial results for the three and nine months ended September 30, 2008 and the Management Discussion and Analysis (“MD&A”) dated November 24, 2008. The unaudited financial statements and related MD&A for the three and nine month period ended September 30, 2008 have been filed with Canadian securities regulatory authorities on SEDAR at www.sedar.com. During the quarter ended September 30, 2008, the Company recorded a net loss of \$848,025 or \$0.02 per share (year to date \$1,559,341 or \$0.04 per share) compared to a net loss in the corresponding period of 2007 of \$854,350 or \$0.02 per share (year to date \$1,920,598 or \$0.05 per share). At September 30, 2008, the Company had a working capital surplus of \$1,177,999 compared to a working capital surplus of \$2,703,304 at December 31, 2007. The current working capital surplus position will allow the Company to fund the Company's exploration activities for the early portion of the 2009 drilling season.

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.

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

Dwayne Vinck
Chief Financial Officer
West High Yield (W.H.Y.) Resources Ltd.
28 Arbour Lake Drive N.W.,
Calgary, Alberta T3G 3N8
Telephone: (403) 257-2637
Facsimile: (403) 206-7159
Email: vinck@shaw.ca

READER ADVISORY

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

This news release may contain certain forward-looking statements, including management's assessment of future plans and operations, and capital expenditures and the timing thereof, that involve substantial known and unknown risks and uncertainties, certain of which are beyond the Company's control. Such

risks and uncertainties include, without limitation, risks associated with mining exploration, development, exploitation, production, marketing and transportation, loss of markets, volatility of commodity prices, currency fluctuations, imprecision of reserve estimates, environmental risks, competition from other explorers and producers, inability to retain drilling rigs and other services, delays resulting from or inability to obtain required regulatory approvals and ability to access sufficient capital from internal and external sources, the impact of general economic conditions in Canada, the United States and overseas, industry conditions, changes in laws and regulations (including the adoption of new environmental laws and regulations) and changes in how they are interpreted and enforced, increased competition, the lack of availability of qualified personnel or management, fluctuations in foreign exchange or interest rates, stock market volatility and market valuations of companies with respect to announced transactions and the final valuations thereof, and obtaining required approvals of regulatory authorities. The Company's actual results, performance or achievements could differ materially from those expressed in, or implied by, these forward-looking statements and, accordingly, no assurances can be given that any of the events anticipated by the forward-looking statements will transpire or occur, or if any of them do so, what benefits, including the amount of proceeds, that the Company will derive therefrom. Readers are cautioned that the foregoing list of factors is not exhaustive. All subsequent forward-looking statements, whether written or oral, attributable to the Company or persons acting on its behalf are expressly qualified in their entirety by these cautionary statements. Furthermore, the forward-looking statements contained in this news release are made as at the date of this news release and the Company does not undertake any obligation to update publicly or to revise any of the included forward-looking statements, whether as a result of new information, future events or otherwise, except as may be required by applicable securities laws.

Not for dissemination in the United States or to US persons.