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**WEST HIGH YIELD ANNOUNCES
 COMPLETION OF 2008 EXPLORATION
 PROGRAM AND LATEST 2008 DRILL RESULTS**

CALGARY, ALBERTA - February 5, 2009. West High Yield (W.H.Y.) Resources Ltd. (“West High Yield” or the “Company”) is pleased to provide a progress report on exploration activities conducted on its mineral properties located in Rossland, British Columbia in 2008. The Company is releasing its latest 2008 drill results, primarily for Magnesium on its Record Ridge South property and the drilling results of additional cores drilled on the Company's gold exploration properties, which include the IXL, Midnight, OK and Golden Drip properties. Since its last report, which was issued on November 12, 2008, the Company has undertaken the following activities.

Completion of 2008 Gold Exploration Program

In 2008, the Company continued to drill and explore for gold and related minerals on its IXL, Midnight, OK and Golden Drip properties near Rossland, British Columbia. The Company drilled and completed 9 NQ diamond drill holes totalling 680.1 metres (2,231 feet) on the IXL and Midnight claims and 1 NQ diamond drill hole near the Italian portal on the Midnight claim (MN08-2), which stopped at a depth of 181.2 metres, due to unsafe winter weather conditions. The Company plans to complete additional drill cores on these properties in 2009. The 2008 gold exploration program was targeted to test the downward extent of the narrow gold rich veins of both the upper and lower IXL and Midnight workings, from which approximately 10,000 tonnes of ore were produced recovering 1,030,092 grams of gold and 394,914 grams of silver between 1899 and 1984 (Minfile). Of the holes drilled and completed in 2008, 6 (IXL08-2, 3, 4, 5, 6 and 8) encountered old mine workings (empty tunnels without drill water circulation) and were stopped at shallow depths before reaching the desired drill depths. Gold mineralization was encountered in two of the three holes drilled in the IXL and Midnight claims in 2008 and are summarized in the following chart.

Claim	Hole # (Total Depth metres)	Azimuth/Angle (degrees)	Occurrence	Gold g/tonne	Silver g/tonne	Copper %	Interval (metres)		True width (metres)
							From	To	
IXL	IXL08-1 (194.9)	345 / -45	Quartz vein	5.42	151	1.26	19.0	19.2	0.18
			Quartz vein	6.22	119	1.23	53.6	53.7	0.10
	IXL08-7 (160.3)	345 / -45	No significant Gold values returned	-	-	-	-	-	-
Midnight	MN08-1 (140.2)	36 / -50	Serpentinized andesite	35.78	1.8	-	20.5	21.6	1.0
			Mineralized andesite	0.3	7.7	-	33.4	38.1	4.7
			Quartz vein	13.41	64.1	-	77.0	77.1	0.1
			Quartz vein	48.39	30.0	-	95.5	96.0	0.5
	MN08-2	305 / -55	Drilling will be completed in the spring of 2009 (target depth 260 metres).						

Drilling Results on the Record Ridge South Property

The Company previously announced the results of 23 of 45 holes drilled in its 2008 definition drill program on the Record Ridge South property. The chart below summarizes the results for the remaining 22 holes which were recently completed.

Record Ridge South

DDH RRS08	Depth metres		Length metres	Magnesium %	Nickel %
	From	To			
12	1.2	49.0	s 47.8	26.4	0.22
	82.7	122.2	39.5	26.7	0.22
13	1.2	75.1	s 73.9	25.7	0.20
	86.4	110.3	23.9	20.1	0.15
14	0.6	98.2	s 97.6	25.1	0.20
15	0.6	84.1	s 83.5	22.7	0.20
16	0.7	13.7	s 13.0	19.8	0.19
	27.0	106.0	79.0	21.8	0.20
17	1.2	58.1	s 56.9	21.5	0.20
	77.1	123.4	46.3	26.4	0.19
18	0.6	67.2	s 66.6	22.5	0.20
22	No serpentinite intersection (drilled 25m deep to determine the intrusive contact)				
28	0.0	41.4	s 41.4	24.3	0.22
31	31.9	154.5	s 122.6	27.7	0.20
33	0.0	117.3	s 117.3	25.6	0.22
34	7.7	143.3	s 235.3	24.5	0.20
35	1.0	123.7	s 122.7	26.7	0.24
36	0.0	124.4	s 124.4	24.3	0.19
38	8.4	154.2	s 145.8	26.8	0.20
39	0.9	154.5	s 153.6	26.6	0.20
40	0.2	148.4	s 148.2	25.3	0.20
41	0.0	19.9	s 19.9	26.6	0.20
	49.3	83.7	34.4	26.0	0.21
42	0.2	89.5	s 89.3	24.2	0.20
43	1.5	63.6	s 62.1	25.1	0.20
44	75.2	86.0	10.8	20.0	0.16
45	5.8	18.0	s 12.2	16.9	0.17

Disclaimers:

- (1) The property includes areas of moderate sub-volcanic and intrusive interruptions into the serpentinites. The assayed Magnesium and Nickel values of the intervened sub-volcanic and intrusive dykes (ranging in length from 0.4 metres to 3 metres averaging less than 2 metres) are fully diluted with the serpentinite zones in the above chart.
- (2) Length metres with the "s" symbol represents intersected serpentinite zones from the surface to the top of the first sub-volcanic or intrusive dykes.
- (3) Hole RRS08-44 in the above chart is capped by the volcanic in the southwest fringe, which is off the resource estimation outline.
- (4) The Nickel values reported above include Nickel in both sulphide and non-sulphide minerals as total Nickel.

Anticipated Completion of NI 43-101 Report on the Record Ridge South Property

In November 2008, the Company retained SRK Consulting Engineers and Scientists ("SRK") of Denver, Colorado, an independent engineering firm, to undertake an independent NI 43-101 measured mineral resource estimation of the Company's Record Ridge South property. Dr. Bart Stryhas, the principal Resource Geologist for SRK, visited the Company's Rossland property in November, 2008 to conduct a preliminary investigation for the report. The Company anticipates that it will receive a draft report from SRK in February, 2009.

Annual Summary and Extension of Leases

The Company has submitted the Annual Summary of Work and Statement of Work for its 2008 exploration activities to the British Columbia Ministry of Energy, Mines and Petroleum Resources, Mining and Minerals Division. Subsequent to filing the Statement of Work Report, the Company submitted an assessment report of its 2008 Diamond Drill Program for the Record Ridge South property to the British Columbia Ministry. The Company has now been advised by the Ministry that all of its mineral titles, which contain 6,220 contiguous hectares of unit cell claims and crown granted claims in Rossland, British Columbia, have now been extended for 10 more years.

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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