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Amarc Advancing Projects In Central Bc To Drilling Stage

Ronald W. Thiessen, President and CEO of Amarc Resources Ltd. (TSX Venture: AHR; OTCBB: AXREF) is pleased to report on the progress of three exploration programs operated by Amarc in the early part of 2005. The Projects are located in central British Columbia: the first is targeting porphyry copper-gold deposits in the Mt. Milligan district, approximately 85 km north of Ft. St James; the second is targeting porphyry copper-gold or copper-molybdenum deposits near the Mt Polley mine in the Cariboo region, approximately 90 km east of Williams Lake; and the third is targeting precious metals enhanced massive sulphide deposits in an area approximately 45 km north of Kamloops. In addition to these three projects, Amarc currently has exploration programs underway or planned for 27 target areas in the province of British Columbia. Amarc currently owns over 1,457 square kilometres (145,774 hectares) of mineral claims in B.C.

Amarc's Chona and Chica Projects comprise some 750 square km of mineral claims in the Mt Milligan District. Targets are defined by regional geophysical anomalies and geology that is prospective for porphyry gold-copper deposits, as evidenced by the nearby Mt. Milligan porphyry gold-copper deposit that contains 5.6 million ounces of gold and 1.6 billion pounds of copper in measured and indicated resources of 408 million tonnes grading 0.18% copper and 0.40 g/t gold (Placer Dome 2004 Annual Report). Target identification in this area was aided, in part, by the District of Mackenzie which participated in the funding of a helicopter-borne gamma ray spectrometric and total field magnetic geophysical survey in 2004 through the Rocks to Riches program administered by the BC & Yukon Chamber of Mines (see B.C. Ministry of Energy and Mines Open File 2005-14). Three hundred and forty-five kilometres of ground-based magnetometer and induced polarization surveys have been carried out by Amarc in 2005, outlining numerous targets. The anomalies are currently being prioritized for drilling by Amarc's experienced exploration team.

In the eastern Cariboo region, Amarc funded a helicopter-borne gamma ray spectrometric and magnetic total field geophysical survey in 2004 through the Rocks to Riches program (see B.C. Ministry of Energy and Mines Open File 2005-16). Amarc staked approximately 125 square km in six properties, based on a combination of favourable geophysical signatures and prospective geology known to host producing porphyry copper-molybdenum deposits (Gibraltar mine) and porphyry copper-gold deposits (Mt Polley mine). A first phase ground program of geological, geochemical and geophysical surveys is currently underway to define targets for drilling.

Amarc drill-tested a volcanogenic massive sulphide target at the Max Property north of Kamloops in the first quarter of 2005. Thirteen holes, totaling 2,744 m, traced two sub-parallel mineralized horizons within a silver-rich sulphide-barite unit, establishing the continuity of the mineralization. It also showed that the mineralized unit thickens down-dip, indicating excellent potential at depth for significant volumes of silver-zinc massive sulphide mineralization. A second phase of drilling is planned in 2005.

These projects, as well as the 27 other targets in British Columbia, are being assessed by field geologists during the summer of 2005. Once the targets have been prioritized for success, drilling programs will commence.

Mark Rebagliati - QP