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885310

VOS → KAMAD
 (MAX)

SW-Max. 22

AMARC DRILLING ENCOUNTERS STRONG SILVER VALUES AT MASSIVE SULPHIDE TARGET IN CENTRAL BRITISH COLUMBIA

March 21, 2005, Vancouver, BC - Ronald W. Thiessen, President and CEO of Amarc Resources Ltd. (TSX Venture: AHR; OTCBB: AXREF) is pleased to announce assay results from its phase one core drilling program on the Max property located in central British Columbia, 80 kilometres north of Kamloops.

Thirteen exploration core holes totalling 2,728 metres have been drilled to date by Amarc on the Max property. These holes have intersected at least two precious metals-rich, volcanogenic massive sulphide horizons containing silver, gold, copper, lead, zinc and barite. The two sub-parallel mineralized horizons trend northwest and dip at shallow to moderate angles to the northeast. A lower mineralized horizon lies approximately 40 metres below the upper horizon. The thirteen holes have traced the mineralized horizons approximately 300 metres down dip. Assay results for phase one drill holes are listed in the following table.

**MAX PROPERTY
 PHASE ONE - DRILL HOLE ASSAY TABLE**

Drill Hole Numbers	From (metres)	To (metres)	Intercept (metres)	Intercept (feet)	Ag g/t	Au g/t	Cu %	Pb %	Zn %
MX5-01	109.50	110.20	0.70	2.3	82	0.04	0.10	1.46	3.42
MX5-02	60.60	61.80	1.20	3.9	121	0.17	0.43	0.99	1.62
MX5-02	104.10	107.90	3.80	12.5	57	0.04	0.72	0.89	3.34
MX5-03	61.00	68.20	7.20	23.6	459	2.70	1.27	5.95	9.17
MX5-04	80.10	89.20	9.10	29.9	285	1.05	0.41	1.11	2.23
MX5-04	Incl. 80.10	83.50	3.40	11.2	639	2.31	0.74	1.62	2.88
MX5-04	144.80	146.00	1.20	3.9	309	0.68	0.25	1.38	2.68
MX5-05	Incl. 111.00	114.50	3.50	11.5	508	2.44	0.31	0.98	1.15
MX5-05	168.90	170.40	1.50	4.9	232	0.36	0.16	0.67	1.26
MX5-05	184.80	186.10	1.30	4.3	324	1.72	0.51	1.28	2.31
MX5-05	195.00	198.90	3.90	12.8	193	0.36	0.18	1.11	2.33
MX5-05	132.80	136.50	3.70	12.1	208	0.41	0.23	1.50	1.82
MX5-05	Incl. 135.80	136.50	0.70	2.3	834	0.93	0.89	2.55	4.95
MX5-05	256.40	262.10	5.70	18.7	208	1.37	0.22	0.70	1.34
MX5-07	57.10	62.60	5.50	18.0	174	0.76	0.35	2.14	3.27
MX5-07	Incl. 61.20	62.60	1.40	4.6	299	0.39	0.65	6.67	9.84
MX5-07	113.00	118.50	5.50	18.0	220	0.31	0.17	0.55	1.12
MX5-07	Incl. 117.50	118.50	1.00	3.3	360	0.30	0.27	0.82	1.25
MX5-08	Incl. 93.90	98.80	4.90	16.1	255	0.92	0.20	0.84	1.99
MX5-08	147.80	148.80	1.00	3.3	230	0.54	0.19	0.53	1.11
MX5-08	156.00	163.60	7.60	24.9	257	0.34	0.26	1.17	1.93
MX5-08	97.30	99.20	1.90	6.2	176	0.64	0.27	0.62	0.83
MX5-10	124.50	126.20	1.60	5.2	241	0.39	0.13	0.35	0.69
MX5-10	63.80	69.60	5.80	19.0	26	0.09	0.04	0.26	1.20
MX5-12	94.40	96.00	1.60	5.2	17	0.11	0.07	0.63	1.65
MX5-13	163.80	165.70	1.90	6.2	98	0.27	0.18	0.99	1.86

The Max property has been referred to historically as the Kamad Silver property. Historical production from the property, mostly during the 1920's and 1930's, was 6,940 tonnes containing 1,261 g/t silver, 1.6 g/t gold, 1.3% copper, 2.0% lead and 2.9% zinc. Several gold-silver-copper-lead-zinc deposits occur in the region of the Max property. During the period 1989 to 1992, the Samotosum mine, located 3.5 kilometres north of the Max property, milled 554,870 tonnes containing 774 g/t silver, 1.15 g/t gold, 0.66% copper, 0.9% lead and 1.7% zinc. The Rea Gold mine, located 4 kilometres north of Max, has a historical indicated resource, (the estimate of which pre-dates s. 27 of the National Instrument 43-101) of 376,000 tonnes containing 69 g/t silver, 6.10 g/t gold, 0.33% copper, 2.0% lead and 2.2% zinc (Northern Miner, November 30, 1987).

Amarc has entered into an agreement whereby the Company can acquire 100% of the Max property from an arm's-length party by paying in stages a total of 200,000 common shares and \$135,000 cash. The agreement also includes a Net Smelter Royalty payable from production on the property, which Amarc can purchase for \$1 million.

Amarc's drilling programs include rigorous quality assurance and quality control ("QA/QC") procedures under the supervision of qualified persons. Sample preparation and analysis are done by ALS Chemex analytical laboratory in Vancouver, BC. The qualified person for the drilling program on the Max property is Mark Rebagliati, P.Eng.

Amarc is aggressively advancing its focused effort to make major new mineral deposit discoveries in British Columbia led by Hunter Dickinson management and senior staff, who have made previous discoveries in BC. Amarc's exploration team is assembling a portfolio of key projects. A phase two drill program for the Max property is being planned and ground surveys of numerous other high priority properties are currently underway.

For further details on Amarc and its properties visit the Company's website at www.amarcresources.com or contact Investor Services at (604) 684-6365 or within North America call 1-800-667-2114.

ON BEHALF OF THE BOARD



Ronald W. Dickinson
President and CEO

Neither the TSX Venture Exchange nor any other regulatory authority accepts responsibility for the adequacy or accuracy of this release.

This release includes certain statements that may be deemed "forward-looking statements". All statements in this release, other than statements of historical facts, that address future production, reserve potential, exploration drilling, exploitation activities and events or developments that the Company expects are forward-looking statements. Although the Company believes the expectations expressed in such forward-looking statements are based on reasonable assumptions, such statements are not guarantees of future performance and actual results or developments may differ materially from those in the forward-looking statements. Factors that could cause actual results to differ materially from those in forward-looking statements include market prices, exploitation and exploration successes, and continued availability of capital and financing, and general economic, market or business conditions. Investors are cautioned that any such statements are not guarantees of future performance and actual results or developments may differ materially from those projected in the forward-looking statements. For more information on the Company, Investors should review the Company's annual Form 20-F filed with the United States Securities Commission and its home jurisdiction filings that are available at www.sedar.com.

TOS → KAMAD
(Max)

Schroeter, Tom EM:EX

From: Schroeter, Tom EM:EX
Sent: Monday, March 21, 2005 9:54 AM
To: Cathro, Mike EM:EX; Lefebure, Dave EM:EX
Cc: Grant, Brian DB EM:EX; Lett, Ray EM:EX; Schiarizza, Paul EM:EX
Subject: RE: Max (Kamad) drilling results

Thanks for the comments, Mike. I would be interested, if I can fit it in. Pls. let me know and I'll go from there.

Tom

Tom Schroeter, P.Eng./P.Geo.
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-----Original Message-----

From: Cathro, Mike EM:EX
Sent: Monday, March 21, 2005 9:22 AM
To: Lefebure, Dave EM:EX
Cc: Grant, Brian DB EM:EX; Lett, Ray EM:EX; Schiarizza, Paul EM:EX; Schroeter, Tom EM:EX
Subject: Max (Kamad) drilling results

FYI - below is a news release from Amarc's drilling on the Max property near Barriere. It was previously known as the **Kamad** or **Homestake** mine and hasn't had any work since the late 1980s.

The drilling tested the extension of silver-rich baritic volcanogenic massive sulphide mineralization down plunge from the old workings. Results for silver are impressive and bode well for additional drilling and definition of a more substantial resource (currently quoted in MINFILE as ~250,000 tonnes grading 226.6 g/t Ag 2.19 % Zn, 1.24 % Pb plus minor Au, Cu).

There are at least two horizons with the upper one being thicker and richer (e.g. hole 4 cut **9.1 m grading 285 g/t Ag** plus Au, Cu, Pb, Zn).

The next challenge is to locate the mineralization on the southeast side of a fault which follows Homestake creek.

Jim Oliver is the geologist on the ground. I'm going to try to set up a visit soon, if anyone is interested in joining me.

Mike

Mike Cathro, P.Geo