



14 June 2010

About the Company

Golden West Resources is an emerging Iron ore producer in the Midwest region of Western Australia.

To date the company has a total JORC Hematite Resource estimate of 147.7Mt, comprising of Measured 1.2Mt @ 61.9% Fe, Indicated 49.2Mt @ 60.5% Fe, and Inferred 97.3Mt @ 58.4% Fe making it the second largest DSO resource in the Midwest Iron Ore province.

Golden West Resources also has a JORC gold resource comprising of, Indicated 46,000t @ 3.54g/t Au, and Inferred 3,432,000t @ 2.29 g/t @ 2.39g/t Au for a total of 3,478,000t @ 2.31g/t for 258,200oz Au.

Corporate Summary

ASX: GWR
Issued Capital: 165 Mil
Issued Options: 28 Mil

Board and Officers

David Sanders
Non-Executive Chairman
John Lester
Executive Director
Mick Wilson
Executive Director
Wang Jun
Non-Executive Director
Gary Lyons
Non-Executive Director
Mark Hine
Chief Executive Officer
Anthony Begovich
CFO/Company Secretary

Enquiries

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Golden West Resources announce big gold Resource upgrade

Highlights

- A 230% increase on the previous gold resource estimates.
- Golden West Resources, through its wholly owned subsidiary Aureus Gold Limited, plans to progress the development of a gold mining operation initially focussing on the Golden Monarch deposit.
- The combined Inferred and Indicated Resources for the Wiluna West project are now 3,478,000 tonnes @ 2.3g/t for a contained 258,000 oz, based upon a 1g/t cut off
- The Company's consultant CSA Global believes there is potential for additional discoveries.

Mineral Resource estimate	Class	Tonnes	Au g/t	Ounces
February 2010 Golden Monarch	Indicated	46,000	3.54	5,200
June 2010	Inferred	568,000	2.39	43,600
	Inferred	2,864,000	2.27	209,400
Total		3,478,000	2.31	258,200

Note: Tonnes and grade based on a 1.0 Au cut off. Differences may occur due to rounding

Golden West Resources (ASX: **GWR** or **the Company**) has announced a 230% increase in Inferred and Indicated gold Resources at their Wiluna West project...

A CSA Global review of the known Wiluna West gold deposits, other than the deposits reported upon in March 2010, has raised the Company's total gold Mineral Resource estimate to 3,478,000 tonnes @ 2.3g/t for a contained 258,000 oz at a 1g/t cut off

The Company, through its wholly owned subsidiary Aureus Gold Limited, has initiated discussions with nearby potential milling facilities.

An infill RC drilling program is being planned for the Golden Monarch and Eagle deposits, for metallurgical test work and aiming to upgrade some of the Inferred Resources to Indicated status.

The previously defined gold deposits represent low exploration risk and are situated within granted Mining Leases. Detailed flora and fauna surveys have already been undertaken as part of the Company's Wiluna West DSO Hematite Iron Ore project.

Pit optimisation studies are also set to commence while consultants, CSA Global, believe there is potential for additional discoveries.

Golden West Resources' Chief Executive Officer Mark Hine stated the initial development of the Golden Monarch deposit could underpin the establishment of Aureus as a standalone entity.

"By gearing up our subsidiary Aureus Gold Limited to commence gold mining, we believe the Company's strategic intention to demerge its non-iron ore assets can be progressed," Mr Hine said.

"We anticipate shareholder value will be enhanced by having these gold assets in production, though our continuing investigations first announced in July last year, will continue to look at a wide range of alternatives to progress this option," he said.

Golden West Resources ("GWR") is entering the pre-production phase for the two-stage mining project planned for its iron ore Resources at the Company's Wiluna West Hematite project located in the Midwest region of Western Australia.

To date the company has a total JORC Hematite Iron Resource estimate of 147.7Mt, comprising of Measured 1.2Mt @ 61.9% Fe, Indicated 49.2Mt @ 60.5% Fe, and Inferred 97.3Mt @ 58.4% Fe making it the second largest DSO resource in the Midwest Iron Ore province.

"Golden West Resources, while welcoming the opportunity to benefit from its substantial gold holdings, will continue to focus its full attention in seeking to have in place all approvals for mining its hematite ore by the end of this year," according to Mr Hine.

TABLE 2
SUMMARY OF GOLD RESOURCES - WILUNA WEST PROJECT

Prospect	Category	Shear	Tonnes	Au g/t	Ounces
Bottom Camp	Inferred	BSZ	329,000	2.00	21,100
Bower Bird	Inferred	JSZ	169,000	3.12	17,000
Brilliant	Inferred	BSZ	342,000	2.53	27,900
Bronzewing	Inferred	JSZ	104,000	2.40	8,000
Comedy King	Inferred	JSZ	183,000	1.84	10,800
Eagle	Inferred	JSZ	489,000	2.40	37,800
Emu	Inferred	JSZ	371,000	2.41	28,700
Gold Finch	Inferred	JSZ	80,000	1.39	3,600
Golden Monarch	Indicated	JSZ	46,000	3.54	5,200
	Inferred		685,000	2.31	50,900
Iron Hawk	Inferred	JSZ	138,000	1.53	6,800
Iron King	Inferred	JSZ	481,000	2.30	35,600
Wren	Inferred	JSZ	61,000	2.48	4,800
Grand Total			3,478,000	2.31	258,200

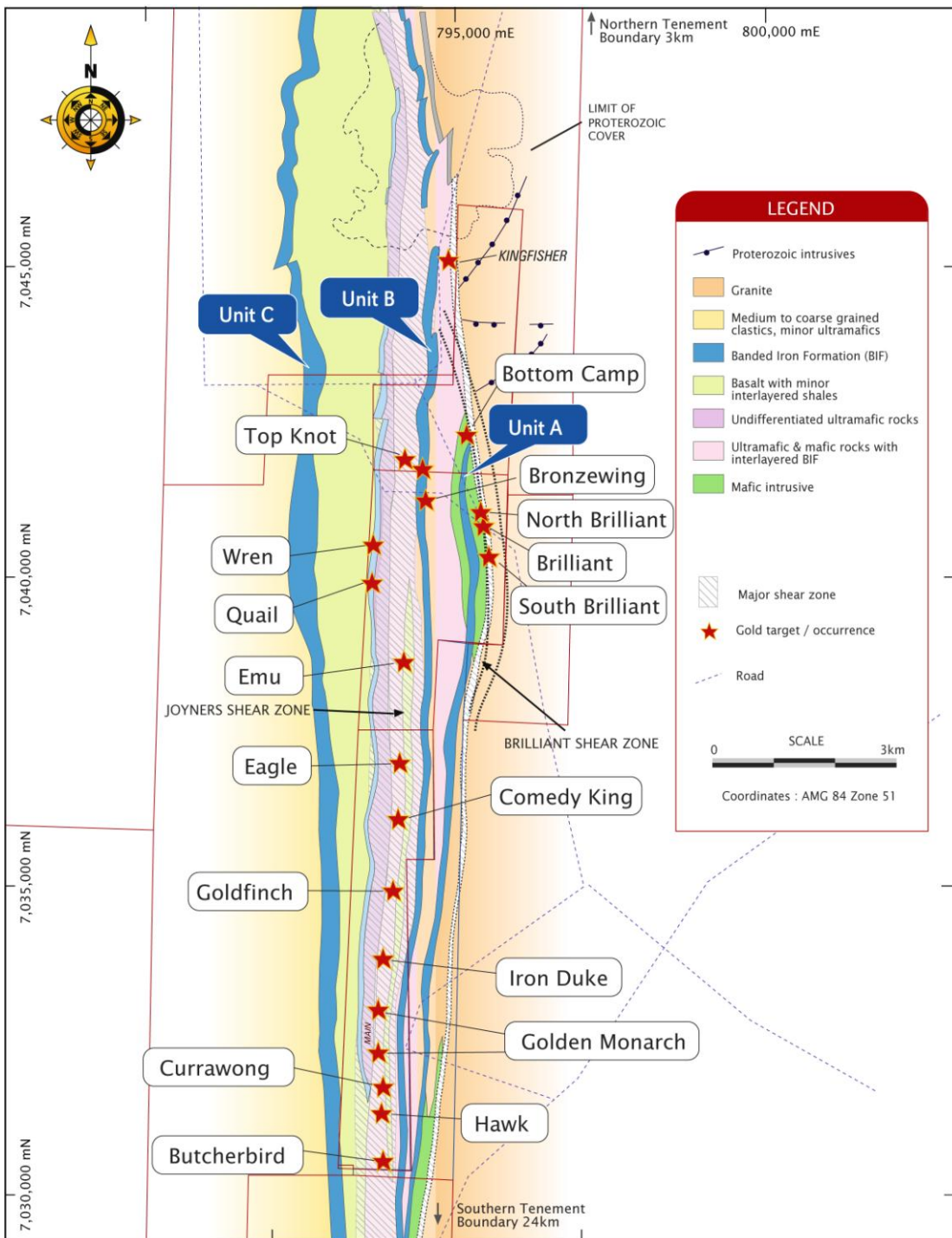
Joyners Shear Zone (JSZ)

Brilliant Shear Zone (BSZ)

Competent Person's Statement

The estimate was completed under the overall supervision and direction of Steven Hodgson, MAIG, of CSA Global who is a Competent Person as defined by the Australasian Code for the Reporting of Exploration Results, Mineral Resources and Ore Reserves (JORC Code 2004 Edition) and who consents to the inclusion in this report of the matters based on the information in the form and context in which it appears. The information in this report that relates to in-situ Mineral Resources based on information provided by GWR

The information in this report which relates to Exploration Results, Mineral Resources or Ore Reserves is based on information compiled by Mr Allen Maynard, who is a Member of the Australian Institute of Geosciences ("AIG"), a Corporate Member of the Australasian Institute of Mining & Metallurgy ("AusIMM") and independent consultant to the Company. Mr Maynard is the principal of Al Maynard & Associates Pty Ltd and has over 30 years of exploration and mining experience in a variety of mineral deposit styles. Mr Maynard has sufficient experience which is relevant to the style of mineralisation and type of deposit under consideration and to the activity which he is undertaking to qualify as a Competent Person as defined in the 2004 Edition of the "Australasian Code for reporting of Exploration Results, Mineral Resources and Ore Reserves". Mr Maynard consents to inclusion in the report of the matters based on his information in the form and context in which it appears.





12 July 2010

Mr. Mick Wilson
Golden West Resources Limited
138 Main St
Osborne Park
Western Australia 6017

Dear Mick

RE: 2010 West Wiluna Gold Project Mineral Resource estimate

Golden West Resources Limited (GWR) commissioned CSA Global Pty Ltd (CSA) to compile a Mineral Resource estimate for the Wiluna West Gold Project (WWGP). The WWGP consists of 15 different prospects.

A Mineral Resource estimate by CSA over part of the WWGP, the Golden Monarch prospect, was completed in February 2010. Mineralisation reported in the February Mineral Resource estimation was excluded during this Mineral resource estimation.

The June 2010 Mineral Resource estimate for the WWGP contains 2,864,000 tonnes at 2.27 g/t Au using a 1.0 g/t Au cut off for 209,400 ounces of contained gold. The deposit is classified as Inferred as per the JORC Code (2004 edition). The combined February and June Mineral Resource estimates are presented in Table 1.

Table 1 Mineral Resource Estimate Summary, 1.0 g/t cut off

Mineral Resource estimate	Class	Tonnes	Au g/t	Ounces
February 2010 Golden Monarch	Indicated	46,000	3.54	5,200
	Inferred	568,000	2.39	43,600
June 2010	Inferred	2,864,000	2.27	209,400
Total		3,478,000	2.31	258,200

Note: The resource is quoted for blocks with a grade of greater than 1.0g/t. Differences may occur due to rounding.

Regionally the Wiluna West Project is located in the Joyners Find Greenstone Belt that is some 47 kilometres long and between one to ten kilometres wide. The belt comprises mafic and ultramafic volcanics, together with banded iron formation (BIF), minor intercalated cherts and clastic sediments, which have a northerly trend and near-vertical westerly dips. To the north the belt is overlain by gently dipping Proterozoic quartzites.

Gold mineralisation is related to shearing. BIF hosted mineralisation occurs on the west side of B-ridge while on the east side of B-ridge the mineralisation is related to shearing along a fold axis.

The Mineral Resource estimate prepared by CSA is based on drillhole data and geological interpretations provided by GWR. The drillholes are predominantly historically with 372 drillholes intersecting mineralisation. Mineralisation was constrained based on a 0.5g/t cut off with a minimum width of 2m. Bulk density information was limited to 10 samples at the Golden Monarch deposit. A bulk density of 3.1 g/cm³ was used for the BIF and 2.6 g/cm³ for all other rock types

Yours Sincerely

Steven Hodgson
Senior Resource Consultant
CSA Global Pty Ltd
Geological & Mining Consultants to the Global Minerals Industry

Competent Persons Statement

The estimate was completed under the overall supervision and direction of Steven Hodgson, MAIG, of CSA Global who is a Competent Person as defined by the Australasian Code for the Reporting of Exploration Results, Mineral Resources and Ore Reserves (JORC Code 2004 Edition) and who consents to the inclusion in this report of the matters based on the information in the form and context in which it appears. The information in this report that relates to in-situ Mineral Resources based on information provided by GWR.