Aben Resources Reports High Grade Tungsten Results at Justin Gold-Tungsten Project, Southeast Yukon

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VANCOUVER, BRITISH COLUMBIA--(Marketwired - Oct 16, 2014) - **Aben Resources Ltd. (TSX VENTURE:ABN)(PINKSHEETS:ABNAF)(FRANKFURT:E2L)** is pleased to announce the re-assay results of previous drill holes for Tungsten (W) at its 100% owned 18,314 acre Justin gold-tungsten project. The project area is located in southeast Yukon within the Tintina Gold Belt approximately 35 kilometers southwest of the Cantung Mine and is accessed by an all-season road.

Justin gold-tungsten project location map: http://www.abenresources.com/i/maps/ABN-Justin.jpg

Highlights:

- A total of 230 samples from 7 of 9 previously drilled POW zone holes, were selected for tungsten specific analysis to provide a preliminary assessment of the potential for economic tungsten mineralization.
- Results from JN12016 returned 8.50 metres grading 0.39% WO_3 including 1.00 metre of 1.12% WO_3
- Previous gold results from JN12016 returned 5.60 metres grading 4.12 grams per tonne Au including 2.60 metres grading 8.20 grams per tonne Au
- Results from JN12013 returned 28.90 metres grading 0.10% WO_3 beginning at surface, and 1.10 metres grading 1.15% WO_3
- Previous gold results from JN12013 returned 7.40 metres grading 1.81 grams per tonne Au including 2.20 metres grading 4.42 grams per tonne Au
- Several high-priority exploration targets, defined by geophysics and geochemistry exist within 2 km of known mineralization and remain underexplored and untested by drilling. These areas offer significant potential for expanding the current extent of mineralization and making additional gold and tungsten discoveries.

Summary of Exploration Activities:

The goal of the 2014 tungsten reconnaissance sampling was to make a preliminary assessment of the property for economic W (tungsten) mineralization and resample core, previously drilled, for W specific analysis.

Justin Project 2014 trench location map:
http://www.abenresources.com/i/maps/ABN-Justin-2014-Trench-Locations-map.jpg

Examination of drill core using short wave ultraviolet lamps in 2012 revealed visible scheelite (calcium tungstate) mineralization disseminated within the POW Zone skarn and sheeted vein arrays. Review of the 2011 - 2012 drill hole geochemical dataset indicated that anomalous concentrations of tungsten (> 200 ppm W) were reported in the multi-element ICP analysis from several intervals within the POW zone skarn. It is important to note that although multi-element ICP analysis can indicate tungsten anomalies, it is not considered appropriate quantitative analyses for the commodity since it can grossly under-report actual quantities. The ICP W data, combined with the Justin project being situated 35 km southwest of North American Tungsten Corporation's world-class Cantung tungsten mine, helped the Company recognize the importance of evaluating the project to determine if significant quantities of tungsten could be identified.

Table 1:

2014 WO_3Analysis

DDH ID	From (m)	To (m)	Uncut Sample Results WO_3%
JN11010	194.00	206.00	0.25 % WO_3 over 12.00 m
including	195.00	200.00	0.45 % WO_3 over 5.00 m
also including	196.00	200.00	0.48 % WO_3 over 4.00 m
also including	197.00	200.00	0.53 % WO_3 over 3.00 m
JN12013	4.10	33.00	0.10 % WO_3 over 28.90 m
including	23.80	33.00	0.14 % WO_3 over 9.20 m
and	45.80	46.90	1.15% WO_3 over 1.10 m
and	88.70	90.80	0.46 % WO_3 over 2.10 m
including	88.70	89.70	0.87 % WO_3 over 1.00 m
JN12016	104.70	113.20	0.39 % WO_3 over 8.50 m
including	104.70	107.30	0.62 % WO_3 over 2.60 m
also including	106.30	107.30	1.12 % WO_3 over 1.00 m
and	110.10	113.20	0.50 % WO_3 over 3.10 m
including	111.20	113.20	0.72 % WO_3 over 2.00 m
also including	111.20	112.60	0.88 % WO_3 over 1.40 m
JN12019	192.50	199.70	0.27 % WO_3 over 7.20 m
including	194.20	199.70	0.32 % WO_3 over 5.50 m
also including	197.80	199.40	0.52 % WO_3 over 1.60 m
also including	197.80	198.30	1.18 % WO_3 over 0.50 m
also including	199.40	199.70	1.27 % WO_3 over 0.30 m

Jim Pettit, President of Aben, stated: "We are very pleased with these early stage results which suggest that there is strong potential for delineating significant zones of both tungsten and gold mineralization at the Justin property. The main goal of the 2011 & 2012 drilling was to focus on defining gold mineralization, which subsequently discovered both gold and tungsten mineralization. This serendipitous discovery of high grade tungsten mineralization adds a new dimension to the project given its close proximity to the producing Cantung Mine just up the Nahanni Range Road. With these new tungsten results we now have a better understanding of the mineralized system and can more efficiently explore for both gold and tungsten."

Cantung Tungsten-Copper Mine:

North American Tungsten Corporation Ltd., operator of the Cantung tungsten-copper mine, recently released news (September 19, 2014) indicating that Mineral Reserves at the deposit have increased extending the mine life until at least 2017. The new Probable Mineral Reserves are reported in the news release with a grand total of 1.81 million tons grading 0.81% WO_3. Kurt Heikkila, Chariman and CEO of North American Tungsten Corporation summarized the September 19, 2014 NR with the following statement: "Cantung will continue to be an important source of tungsten for the world for years to come."

Management cautions that past results or discoveries on proximate land are not necessarily indicative of the results that may be achieved on the Justin property.

Qualified Person and Quality Assurance:

Michael (Mike) McCuaig, P.Geo., Justin Project geologist and a Qualified Person as defined by National Instrument 43-101, has reviewed and approved the technical information in this release.

All samples were submitted to ALS Minerals in Whitehorse for preparation. Geochemical analysis was completed at ALS Minerals Laboratory in Vancouver. The following analytical techniques were used for all drill core samples: W-XRF05 for all samples > 200 ppm W in the ME-ICP41 analysis and W-XRF10 for all samples > 5000 ppm W in the W-XRF05 analysis. QAQC measures included insertion of external blanks and standards into the sample stream for all rock chip/channel samples. A minimum of one standard sample and one blank sample were inserted into the sample stream every 20th sample.

All reported intersections were determined using uncut WO_3 % weighted average calculations. WO_3 % values were calculated using a conversion factor of 1.2611 ((W ppm/10,000) * 1.2611 = WO_3 %). BC Energy & Mines. The company has not determined the economic cut-off grade for WO_3 mineralization or the true thicknesses of drill hole intersections.

About Aben Resources:

Aben Resources Ltd. is a Canadian gold-silver-tungsten and uranium exploration company with projects in the Yukon, NWT and Saskatchewan's Athabasca Basin.

For further information on Aben Resources Ltd. (TSX VENTURE:ABN), visit our Company's web site at www.abenresources.com.

ON BEHALF OF THE BOARD OF DIRECTORS

JAMES G. PETTIT, President

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