CORPORATE

Aben Completes Exploration Program at Forrest Kerr Gold Project in B.C.'s Golden Triangle

October 5, 2016

Vancouver, BC – Aben Resources Ltd. (TSX-V: ABN) (OTCBB: ABNAF) (Frankfurt: E2L2) ("Aben" or the "Company") is pleased to announce the completion of a property-wide reconnaissance and surface sampling program on its 23,000 hectare Forrest Kerr Gold Project located in northwestern British Columbia in a region called the GOLDEN TRIANGLE.

B.C.'s Golden Triangle map:
http://abenresources.com/site/assets/files/3726/abn_golden_triangle_map.jpg

360 soil, 11 silt, and 35 rock samples were collected, with assays pending, in order to both confirm historic high-grade zones and extend existing multi-element soil anomalies. The Company believes the sampling will better define known mineralized trends and will assist in confirming targets for a planned drill program in 2017. All information gathered will be added to the large, historic data compilation that is currently underway. This large body of data was gathered from some three decades of systematic exploration on the RDN Property, the Forgold, the Forest Property and Aben's 100% own land that now make up the Forrest Kerr Project and will allow for a regional overview of the entire project area.

Forrest Kerr project, B.C., Golden Triangle claims map:
http://abenresources.com/site/assets/files/3726/abn-forrest-kerr-project-map-small.jpg"

The recently completed field program saw work conducted across the entire property with a focus on three specific areas where past exploration has revealed strong mineralization. In the northern portion (RDN Claims) of the amalgamated claim block, historic drilling at the Wedge Zone has intersected high-grade Au-Ag-Cu-Pb-Zn mineralization over a strike length exceeding 1 kilometer. At south Wedge, historic hole RG90-07 returned an average of 14.5 g/t gold over 7.8 meters while RG91-21 returned 125 g/t gold over 0.8 meters and 91 g/t gold over 1.95 meters. RDN04-32 was collared over 900 meters north of those two holes and returned greater than 5 g/t gold over 1 meter with elevated Ag+Pb+Zn over a 6 meter interval.

At the Boundary Zone, 8 kilometers to the south of the Wedge Zone near the boundary of the RDN and Forgold claims, Noranda reported 326 g/t gold over 0.4 meters (average 60 g/t gold over 5.5 meters) in drill hole RG91-16. Follow up drilling in the immediate vicinity encountered 19.2 g/t gold and 2.7% copper over 1.5 meters.

Over 30 gold bearing occurrences have been documented on the Forrest group of claims, located in the south of the Forrest Kerr Project, where a strong hydrothermal system has created numerous Au-bearing quartz sulfide vein and shear zones along a north south trend greater than 8 kilometers in length. Avondale Resources reported an average of 0.77% Cu and 1.97 g/t Au over 16.8 m true width from a drill intersection in 1990 at the Creek showing. *(Aben has not been able to independently verify the methodology and results from historical work programs within the property boundaries. However, management believes that the historical work programs have been conducted in a professional manner and the quality of data and information produced from them are relevant.)*

Aben's Forrest Kerr land package is located along the Forrest Kerr Fault, immediately north of the Iskut River and southward of More Creek, with recent hydro-electric power and road access afforded to the northern and southern areas of the property. The claims consist of a 40km-long, north-south belt overlying rocks of the Hazelton and Stuhini Groups, a complex assemblage of volcanic accumulations with intervening sedimentary sequences which are host to numerous significant gold deposits in B.C.'s Golden Triangle area.

The Forrest Kerr Gold Project is located in the heart of the Golden Triangle of British Columbia and is considered to hold significant potential for precious metal mineralization. Numerous mineralized occurrences are documented throughout the project area and sound, systematic fieldwork conducted from the late 1980's to the mid 2000's provide a solid framework for ongoing fieldwork. With little activity in the area during the past decade, the area is ripe for modern exploration techniques. The area has recently seen major infrastructure improvements, including roads and hydro-electric facilities. In addition, rapid melting rates of glaciers in parts of the property area are expected to provide new exposures in areas that were inaccessible during previous exploration campaigns.

Cornell McDowell, P.Geo., V.P. of Exploration of Aben Resources, has reviewed and approved the technical aspects of this news release and is the Qualified Person as defined by National Instrument 43-101.

About Aben Resources:

Aben Resources is a Canadian gold exploration company developing projects in British Columbia, the Yukon and North West Territories.

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

Aben Resources has approx. 19.9 million shares issued and outstanding.

ABEN RESOURCES LTD.

“Jim Pettit”

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JAMES G. PETTIT
President

For further information contact myself or:
Don Myers
Aben Resources Ltd.
Corporate Communications
Telephone: 604-687-3376
Toll Free: 800-567-8181
Facsimile: 604-687-3119
Email: info@abenresources.com

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