CORPORATE

Aben Resources Announces Analytical Results from Sampling at Forrest Kerr Gold Project in B.C.'s Golden Triangle

November 10, 2016

Vancouver, BC - Aben Resources Ltd. (TSX-V: ABN) (OTCBB: ABNAF) (Frankfurt: E2L2) ("Aben" or the "Company") is pleased to provide a summary of analytical results from the September 2016 surface sampling program at the Company's 23,000 hectare Forrest Kerr Project, located within B.C.'s prolific Golden Triangle region.

Golden Triangle, B.C., claims map:
http://abenresources.com/site/assets/files/3729/abn_golden_triangle_map.jpg

A total of 362 soil, 35 rock and 11 stream-sediment samples were collected between September 8-19, 2016 and transported to AGAT Labs for multi-element analysis. Samples were sourced from various mineralized zones throughout the Forrest Kerr claim package with a focus on areas that will promote a greater understanding and help define existing mineralization patterns in advance of a planned drill program in 2017.

Rock samples were sourced from both outcrop and talus from various areas across the Forrest Kerr Property and showed a range of values from 0.002 to 48.1 g/t gold (0.00006 to 1.4 oz/ton gold).

Several rock grab samples were collected from two distinct zones located in the northern portion of the claim block. Samples from the Wedge zone returned high base- and precious-metal values over a strike length exceeding 2 kilometers. The results confirmed historically reported values from drilling and surface sampling in this area. At the Boundary Zone, rock samples taken from subcrop in the vicinity of diamond drill hole RG91-16 (73 g/t gold (2.15 oz/ton gold), 14.7g/t silver (0.43 oz/ton silver), 0.32% copper over 3.7m) showed correspondingly strong gold and copper mineralization (Sample 6632019). The prime objective of the rock sampling program was to both confirm previously reported mineralization and to provide further information about the association of base- and precious-metal mineralization with recognised alteration assemblages. The table below shows assay results from select rock samples.

Sample #	Easting	Northing	Area	Au (g/ton)	Au (oz/ton)	Cu (%)	Pb (%)	Zn (%)
6632018	400035	6310931	Boundary	0.249	0.007	25.200	0.0025	0.024
6632019	400031	6310940	Boundary	9.660	0.282	14.500	0.027	0.036
6632021	399961	6311090	Boundary	0.005	0.00015	0.039	0.011	0.024
6632010	400246	6317737	S.Wedge	41.30	1.205	0.165	0.987	0.842
6632026	399883	6318949	Wedge	48.10	1.403	1.120	0.609	9.570
6632029	399926	6319104	Wedge	11.90	0.347	0.512	0.599	10.300
6632030	399889	6319238	Wedge	1.71	0.050	0.645	1.780	5.700
6632031	399911	6319408	Wedge	2.00	0.058	1.560	0.087	0.657
6632033	399967	6319487	Wedge	18.10	0.528	1.270	0.190	0.021
6632034	399970	6319490	Wedge	1.67	0.049	0.368	0.189	0.124

Soil geochemical surveys were completed on six separate grids located adjacent to known mineralized zones in order to test for potential extensions of existing soil anomalies and assess their continuity across mapped geologic structures. The results successfully show an increase in the areal extent of anomalous levels of gold, copper, lead and zinc in soil while also better delineating the location of controlling structures. The soil data will be added to Aben's existing database of more than 18,000 property-wide soil samples and evaluated as a whole going forward. Eleven stream-sediment samples were taken from a drainage on the Beauty 10 claim, which is located 2.5 kilometers east of the main Aben land package in an area considered highly prospective for silver mineralization. The assay results from the 11 silt samples show consistently elevated levels of zinc. Analytical results for silver (Ag) have not yet been received.

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.

The Golden Triangle is host to significant mineral deposits including Galore Creek, Copper Canyon, Schaft Creek, Valley of the Kings, Snowfield, KSM, Snip, Granduc, Red-Chris and numerous others.

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.

Forrest Kerr project, B.C., Golden Triangle claims map:
http://abenresources.com/site/assets/files/3729/abn-forrest-kerr-project-map-small.jpg

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.

Quality Control and Quality Assurance:

All samples were sealed and delivered to AGAT Laboratories preparation facility in Terrace, B.C. by Aben personnel. Multi-element analysis was completed by hydrogen peroxide fusion with an ICP-OES finish, while each sample was fire-assayed for gold with an ICP-OES finish. In addition to the in-house QA/QC performed by AGAT on 10% of the samples, four field blanks and one duplicate sample were inserted into the sample stream by Aben personnel. All QA/QC samples returned values well within acceptable parameters.

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. 30 million shares issued and outstanding.

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