



NEWS RELEASE

CHINESE NATIONAL OIL COMPANY ANNOUNCES 5,500 METER WELL SPURRED NEXT TO VANGOLD/VANOIL'S KENYA CONCESSIONS BLOCKS 3A & 3B

October 29, 2009 - Vancouver, British Columbia - Vangold Resources Ltd. ("Vangold" or the "Company") notes with interest that the co-owners of Block 9 in Kenya have commenced drilling of the Bogal-1-1 well. The Bogal-1-1 well is located less than 60 kilometers away from the first of 11 targets on Vangold's Block 3A and 3B all located within the Anza Basin.

The co-owners of Block 9 are China National Offshore Oil Corporation (CNOOC), The Taiwanese National Oil Company and Africa Oil Company. The Bogal -1-1 well will target the Jurassic reefal limestone carbonates and cretaceous sandstones as the main objectives and be drilled to a projected depth of 5,500 meters. Numerous other prospects have also been identified in Block 9. (See Schedule A)

Vangold's Kenya Oil 100% owned concessions Block 3A and Block 3B cover an area of over 24,000 square kilometres which lie partly along the proven hydrocarbon fairway of the Central Africa Rift System (CARS). The Company has 11 indicated targets and leads with similar potential to Block 9.

Vangold will complete its seismic program in 2010, and expects to commence drilling by year end. Vangold has 100% ownership in Blocks 3A and 3B and upon completion of its seismic in 2010, it expects to drill its initial well.

Vangold will be awarding a tender in November, for the Environmental Impact Assessment Study (EIA) expected to be completed in approximately three (3) months. Vangold also announces that it has submitted a letter to the Minister of Energy of Kenya of its intention to transfer the rights and obligation of Production Sharing Contract (PSC) for blocks 3A and 3B to Vanoil Energy Ltd. Vanoil Energy Ltd is being formed as part of the proposed Vangold reorganization and will acquire and maintain the oil and gas assets in Kenya, Rwanda and Alberta. This will be subject to TSX Venture Exchange and shareholder approval.

Dal Brynelsen President and CEO of Vangold commented; *"The fact that a consortium of three oil companies have started drilling a 20 million dollar well next to our concessions adds great credibility to their potential. The progress of this well and its enormous significance (1 Billion Barrels recoverable) could be a watershed event for Vangold shareholders. Our 24,000 square kilometre concessions cover the same geological basin as block 9. With the help of geology, seismic, gravity and magnetic data, we have identified some targets and leads similar to CNOOC'S Bogal-1-1 well now being drilled. The next six months will prove to be very exciting."*

To find out more about Vangold Resources Ltd. please visit our website at www.vangold.ca or contact Dal Brynelsen at 604-684-1974 or by email brynelsen@vangold.ca.

On Behalf of the Board of
VANGOLD RESOURCES LTD.

"Dal Brynelsen"
Dal Brynelsen, President and CEO

Disclaimer for Forward-Looking Information

Statements containing forward-looking information express, as at the date of this news release, the Company's plans, estimates, forecasts, projections, expectations, or beliefs as to future events or results and are believed to be reasonable based on information currently available to the Company.

Forward-looking statements and information are based on assumptions that financing and personnel will be available when required and on reasonable terms, and all necessary regulatory approvals and shareholder approval will be obtained, none of which are assured and are subject to a number of other risks and uncertainties

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Schedule "A"

