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Vangold Expands Known Gold Mineralization At Mt Penck, Papua New Guinea

November 9, 2009 - Vancouver, British Columbia - Vangold Resources Ltd. ("Vangold" or "the Company") is pleased to announce new results from the 2009 Mt Penck drill program in Papua New Guinea ("PNG"). Six diamond core holes were drilled into new prospects; Kavola South, Peni Creek and Koibua, of which five holes intercepted gold mineralization in a series of near surface and deeper gold mineralized zones. Highlights include 17 meters (m) at 1.29 g/t gold, 7.3m at 0.94 g/t gold, 6m at 1.1 g/t gold and 4m at 1.89 g/t gold, all near surface and extending to depths of 123 meters down hole. See Table 1 for drill assay results of the new holes and Table 2 for the drill collar information.

Vangold entered into a binding agreement (the "Agreement") with New Guinea Gold ("NGG"), under which Vangold will acquire from NGG, its remaining 50% to bring Vangold's ownership to 100% of four well-advanced gold properties in PNG along with equipment and two drill rigs. These four gold properties are: Mt Penck, Feni Island, Fergusson and Allemata. For details on the Agreement, which received the conditional approval of the TSX Venture Exchange approval and description of the four properties, please view our news release dated September 2, 2009.

Mt Penck is Vangold's principal gold property and is subject to a concerted exploration effort in 2010/2011 to define resources. The Mt Penck property (EL 1322) is located in West New Britain Province. PNG is part of the Pacific Rim of Fire and is host to some of the world's largest copper and gold deposits, including Ok Tedi, Frieda River, Porgera, and Lihir. Majors currently operating in PNG include Barrick, Xstrata, Nautilus Minerals, Harmony Gold and Newcrest.

Access to the property is by road from the provincial capital of Kimbe. The property is within a few kilometres of the coast. Mt Penck is an eroded strato-volcano with gold mineralization associated with an intrusive complex. The extinct volcano covers an area of approximately 8km by 5km. Most of the 106.5sqkm license has yet to be explored.

Ms. Voormeij, VP Exploration and Qualified Person for Vangold comments: "These holes complete the diamond drill program at Mt Penck for 2009, in which we drilled 34 holes for a total of 4212.7 meters of core. The bulk of the drilling took place in Kavola East, where a gold deposit is emerging with current approximate surface dimensions of 300m by 400m, extending to known true depths of 130m. Gold mineralization continues to be discovered at Mt Penck. These last holes of the program were testing new targets; Peni Creek is located some 500m west of Kavola East and Koibua is located about 650m north-northwest of Kavola East. The mineral potential for these new zones is excellent."

More than 80 holes totalling some 6,000 meters have been completed on the property to date. Bulldozer trenching has yielded results such as 40m at 8.89 g/t gold and 97m at 3.39 g/t gold. Six prospects have been defined through soil geochemistry, trenching and drilling; Kavola East, Kavola South, Peni Creek north and south, Big Bend and Koibua. The 2009 diamond drill program has been successful in expanding the area of known gold mineralization to a region covering 1.3km by 1.0km. There is strong structural control on the gold mineralization. Kavola East, Kavola South, Big Bend, Peni Creek and Koibua are each located at an intersection of major north-northeast normal faults with northeast trending and east-west trending extensional faults.

The 2009 drill program previously returned impressive results from Kavola East, such as 69.5m from surface at 1.82 g/t gold (MPD-039); 21m at 3.13 g/t gold from 2m depth (MPD-040); 133m from surface at 1.83 g/t gold (MPD-042); and 16m at 3.72 g/t gold (MPD-045). (See news releases dated June 4th, 2009; June 10th, 2009 and July 10th, 2009 for more details on drill results from Kavola East.)

Dal Brynelsen, President and Chief Executive Officer of Vangold states: "We are all very optimistic about the Mt Penck property. Vangold's focus is to become a major exploration company in Papua New Guinea and we feel that Mt Penck has every opportunity of becoming the next big gold discovery in the region. We are planning a comprehensive exploration program at Penck, consisting of large-scale geochemistry sampling, geological mapping, target ranking and subsequent drilling for 2010/2011."

Further information on the Mt Penck Property is contained in the Technical Report entitled "Technical Report on the Mt. Penck Property, West New Britain Province, Papua New Guinea" dated October 15, 2009 recently filed on Sedar (October 30, 2009).

Table 1: Drill hole assay results for the 2009 drill program at Mt Penck, PNG (cut-off 0.2 g/t gold)

Hole ID	From (m)	To (m)	Interval (m)	Gold grade (g/t)
MPD-068	0	3	3	1.85
MPD-069	10.7	19	7.3	0.94

	21	38	17	1.29
Incl.	30	33	3	2.03
	42	49	6	1.1
	51	52	1	0.74
	62	63	1	1.11
MPD-070	32	34	2	1.04
MPD-071	23	27	4	1.89
	32	33.5	1.5	1.47
MPD-072	17	18	1	1.08
	45.5	47.5	2	1.04
	66	69	3	2.37
	90	91.5	1.5	1.92
	102	104	2	2.42
	106.5	108	1.5	1.37
	122.7	123.9	1.2	2.15

Table 2: Drill Collar Details

Drill hole ID	Prospect	Easting	Northing	RL (m)	Azimuth	Dip	EOH	Date drilled
MPD-067	Peni Creek	790073	9388740	119	250	-50	94.5	30/July/09
MPD-068	Kavola South	790935	9388212	345	309	-50	101	30/July/09
MPD-069	Kavola South	790647	9388333	150	024	-50	182	03/Aug/09
MPD-070	Peni Creek	790260	9388476	208	250	-50	102	03/Aug/09
MPD-071	Peni Creek	790238	9388504	202	024	-50	99	05/Aug/09
MPD-072	Koibua	790601	9389322	208	209	-50	164.5	09/Aug/09

Kavola South

Kavola South is defined as the area south of the circular feature of Kavola East, across the southern extension of Kavola River. This area became a prospect following Pacific Kanon Gold Corp's ("Kanon") 2005 soils sampling program, which defined a gold-in soil and coincident strong arsenic-in soil anomaly for this area, with the highest values for gold and arsenic in soil out of the entire grid; soil sample values up to 4.49 g/t gold and 3540 ppm arsenic. In 2007 Kanon trenching returned such trench intervals as 11 meters at 1.77 g/t gold, 15 meters at 1.73 g/t gold and 15 meters at 8.06 g/t gold.

Geological mapping of trenches and creeks in Kavola South suggest gold mineralization trends east-northeast and is associated with argillically altered brecciated volcanics. In 2009 Kanon drilled four diamond drill holes into Kavola South to test the zones defined by trenching and mapping (MPD-063, MPD-066, MPD-068 and MPD-069). Results from holes MPD-063 and MPD-066 were released September 16th, 2009 and include 4m at 1.16 g/t gold and 6.4m at 1.51 g/t gold. Results from MPD-068 and MPD-069 are listed in Table 1 and include 3m at 1.85 g/t gold (MPD-068), 7.3m at 0.94 g/t gold, 17m at 1.29 g/t gold and 6m at 1.1 g/t gold (MPD-069).

Peni Creek

Work conducted by BHP-UTAH (1989) and IndoPacific (1996) indicates the presence of a northwest trending mineralized zone at Peni Creek. In 2007 Kanon conducted extensive trench sampling and pan concentrates at Peni Creek. Peni Creek can be divided into Peni Creek North and Peni Creek South. Peni Creek North is near the junction with Kavola creek and is an area of active small scale gold panning by local landowners. Trenching by Kanon in 2007 returned assay results of 4 meters at 16 g/t gold.

Peni Creek South is located several hundred meters upstream from Peni Creek North. Shallow RC drilling by BHP-Utah (1989) in Peni Creek South returned assays of 26m at 0.95 g/t gold (PA19), 8m at 1.4 g/t gold (PA18) and 4m at 2.41 g/t gold (PA12). In 2006 Kanon drilled two holes, MPD-036 & 037, to the east of Peni Creek South. MPD-036 intersected 4m at 5.71 g/t Au, MPD-037 intersected 2m at 1.6 g/t Au and 1m at 2.85 g/t Au. 2007 trench results by Kanon returned assays of 12 meters at 3.83 g/t gold, 7 meters at 2.87 g/t gold and 8 meters at 3.43 g/t gold as well as a long interval of 27 meters at 1.35 g/t gold. In 2009 Kanon drilled two holes into Peni Creek South (MPD-070 and MPD-071). Results are listed in Table 1. Highlights include 2m at 1.04 g/t (MPD-070) gold and 4m at 1.89 g/t gold (MPD-071).

Koibua

Trenching, geological mapping, shallow RC drilling (by BHP-UTAH in 1989) and diamond drilling (by IndoPacific 1996) indicate gold mineralization trends northwest at approximately 330 degrees. Geological mapping delineated a northwest trend of quartz veins in Koibua and airphoto interpretation suggests north-northeast trending normal faulting for this area. Diamond drilling into Koibua by IndoPacific (1996) intercepted a series of gold zones from surface to down hole depths of 170m, including such drill core assays as 28m at 1.59 g/t gold (DDH-001), 5m at 5.45 g/t gold and 4m at 3.54 g/t gold (DDH-002). In 2009 Kanon drilled one hole (MPD-072) into Koibua North and results for this hole are listed in Table 1. Drilling confirmed the series of gold zones, averaging 1-3m in width from near surface to a down hole depths of 123m, including 3m at 2.37 g/t gold, 1.5m at 1.92 g/t gold and 2m at 2.42 g/t gold (MPD-072).

Drilling was carried out by two company-owned diamond core rigs, staffed and operated by the Company. Drill holes are surveyed; all NQ and HQ drill core is logged, photographed and cut in half by saw. Sample bags are sealed and shipped to a laboratory in Australia, where they were heated for 2 hrs at 220°C to satisfy quarantine requirements then pulverized to >85% passing 75 micron. A 25gm split was weighed for analysis. Analysis was by aqua regia digest followed by solvent extraction and final reading by AAS. This method (Au-AA41) has detection range of 0.01-100ppm Au. The ALS Chemex Laboratory in Brisbane has NATA registration and ISO 9002 certification. In-house and laboratory standards, blanks and duplicates are used for quality control.

Danae A. Voormeij, M.Sc., P.Geo. and VP Exploration for Vangold, is the Qualified Person who has reviewed this news release and is responsible for the technical information reported herein.

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

On Behalf of the Board of
VANGOLD RESOURCES LTD.

"Dal Brynensen"
Dal Brynensen, President and CEO

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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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