

VANCOUVER, BRITISH COLUMBIA--(Marketwired - Aug 16, 2016) - [Aben Resources Ltd.](#) (TSX VENTURE:ABN)(OTCBB:ABNAF)(FRANKFURT:E2L2) ("Aben" or the "Company") is pleased to announce the appointment of Mr. Cornell McDowell, P.Geo. as the Company's Vice President of Exploration.

Cornell McDowell is a professional geologist registered in both Alberta and British Columbia. He has been self-employed as a geological consultant throughout the past decade with both publicly listed and privately held mineral exploration corporations. Most recently he helped take Gold Reach's Ootsa project from the initial exploration stage through to resource development which ended with the delivery of a positive PEA. He is currently President & CEO of North Sur Resources and serves on the board and audit committee for Manson Creek Resources.

Cornell will oversee the exploration of Aben's recently announced 23,000 hectare Forrest Kerr Gold Project located in the middle of B.C.'s Golden Triangle region (see news release July 18th). He will join the Company's recently established Forrest Kerr Technical Advisor Board consisting of Directors Ron Netolitzky, M.Sc. Geology and Timothy Termuende, P.Geo. and Technical Advisors Henry Awmack, P.Geo., David Caulfield, P.Geo. and Mike Roberts, Ph.D, P.Geo.

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.

B.C.'s Golden Triangle map: [http://www.abenresources.com/i/maps/ABN\\_Golden\\_Triangle\\_map.jpg](http://www.abenresources.com/i/maps/ABN_Golden_Triangle_map.jpg)

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://www.abenresources.com/i/maps/ABN\\_Forrest\\_Kerr\\_Project\\_map\\_small.jpg](http://www.abenresources.com/i/maps/ABN_Forrest_Kerr_Project_map_small.jpg)

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.

#### 2016 Exploration Activity:

Aben has initiated a comprehensive data compilation, bringing all historical work into a single GIS database. In conjunction with this, fieldwork is being planned for a fall field program aimed at mapping, sampling, and developing drill targets. Permitting for drilling activity is currently underway.

#### 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 VENTURE:ABN), visit our Company's web site at [www.abenresources.com](http://www.abenresources.com).

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

[Aben Resources Ltd.](#)

Jim Pettit, President

Neither TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

This release includes certain statements that may be deemed to be "forward-looking statements". All statements in this release, other than statements of historical facts, that address events or developments that management of the Company expects, are forward-looking statements. Although management believes the expectations expressed in such forward-looking statements are based on reasonable assumptions, such statements are not guarantees of future performance, and actual results or developments may differ materially from those in the forward-looking statements. The Company undertakes no obligation to update these forward-looking statements if management's beliefs, estimates or opinions, or other factors, should change. Factors that could cause actual results to differ materially from those in forward-looking statements, include market prices, exploration and development successes, continued availability of capital and financing, and general economic, market or business conditions. Please see the public filings of the Company at [www.sedar.com](http://www.sedar.com) for further information.

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