



NEWS RELEASE

TSX.V - AMU

December 16th, 2009

ANUORO LICENSE EXTENDED

Vancouver, B.C. – The Company wishes to announce that it has received a 24 month extension on it's 129 sq km Anuoro prospecting license in Ghana, West Africa.

The Company has already established two distinct gold zones on the Anuoro license and has identified several other structural targets.

The Anuoro North Zone: Located along the prominent Ashanti Shear structure is approximately 900 m in strike length. Historical drilling by AMI has established a ***near surface gold resource of 97,686 ounces*** as defined in the May 2008 NI43-101 Resource Report filed on Sedar and available on the Company's website www.amiresources.com.

The Anuoro South Zone: Located approximately 4.5 kilometres south of the Anuoro North Zone had some of the highest grade drilling results to date from this property but the poor correlation of anomalous values between adjoining sections have prevented this data's inclusion within the resource estimation. It is hoped further work aimed at understanding the structural controls on Anuoro mineralization will allow a reinterpretation of this zone and subsequent inclusion in the resource category. Some significant intercepts from AMI historical drilling in this zone are: **Hole 06ANRC003 14m of 2.35 g/t gold; Hole 06ANRC073 34m of 1.23 g/t gold and Hole 06ANRC072 20m of 1.06 g/t gold.**

Simon Meadows-Smith, IOM3 who is a qualified person within the meaning of National Instrument 43-101, has reviewed the scientific and technical information contained in this press release.

We seek safe harbour.