



RESOURCES LTD.

Suite 1610 – 777 Dunsmuir Street, Vancouver, BC, V7Y 1K4, CANADA

www.abenresources.com

TSX-V Trading Symbol: ABN
Email: info@abenresources.com

Telephone: (604) 687-3376
Facsimile: (604) 687-3119

NEWS RELEASE

August 10, 2020

Aben Field Program Update

Vancouver, BC -- Aben Resources Ltd. (TSX-V: ABN) (OTCBB: ABNAF) (Frankfurt: E2L2) (the "Aben or the Company") is pleased to announce that the 2020 field season is proceeding well and will be moving into the next phase which will include Pad building in advance of the arrival of the drill. The Pad building crew should be on site today and should take a week to get things ready for the drill program to begin.

The field program, to date, has been very encouraging as the crew has been successful in further delineating our initial drill targets for this season. The field crew will continue to ground truth future targets to drill, well into September. Our initial zone of interest was explained in detail in news release dated [27th July 2020](#).

The company also announces, pursuant to its stock option plan, the Company has granted incentive stock options to its directors, officers, employees and consultants to purchase up to an aggregate of 4,600,000 common shares in the capital stock of the Company, exercisable for a period of two years, at a price of \$0.13 per share. The Company's 10% rolling stock option plan was approved by the shareholders at the Annual General Meeting of the Company held on July 25, 2018.

Forrest Kerr Project:

The Forrest Kerr Property consists of 4 separate claim blocks comprised of 56 mineral claims (23,397 ha) and is owned 100% by Aben Resources. Numerous areas of interest have been identified since Aben began systematic exploration in 2016, with a total of 70 drill holes (21,968m/72,055') completed to date by Aben. The Boundary Valley hosts significant surface gold mineralization and complex structural intersections, both of which are important indicators of the potential for discovery of more sub-surface high-grade gold mineralization.

Cornell McDowell, P.Geo., V.P. of Exploration for 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.

About Aben Resources:

Aben Resources is a Canadian gold exploration company developing gold-focused projects in British Columbia and the Yukon Territory. Aben is a well-funded junior exploration company.

For further information on Aben Resources Ltd. (TSX-V: [ABN](#)), visit our Company's web site at www.abenresources.com

ABEN RESOURCES LTD.

"Jim Pettit"

JAMES G. PETTIT

President & CEO

For further information contact:

Aben Resources Ltd.

Telephone: 604-687-3376

Toll Free: 800-567-8181

Facsimile: 604-687-3119

Email: info@abenresources.com

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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 for further information.