

Source CANADA NEWSWIRE
Date 08/13/2007
Time 04:03:49 AM

Company GWR Resources Inc.
Title GWR Resources Update

CDNX Symbol: GWQ

Press Release

" BC-GWR-Resources-drill 08-13 0342
□News release via Canada NewsWire, Vancouver 604-669-7764 -ME-

Attention Business Editors:
^GWR Resources Update@

VANCOUVER, Aug. 13 /CNW/ - GWR Resources Inc. (the "Company") (TSX Venture: GWQ) is pleased to announce assay results of sulphide mineralization from drill hole AZ-07-21 drilled into the Aurizon zone of the Company's Lac La Hache project, as follows:

AZ-07-21 79.0m to 169.0m (90m interval) 0.387% Cu 0.61g/t Au

This drill hole was directed to intersect copper-bearing, magnetite-rich, hydrothermally brecciated monzonite that had been intersected in previous drill holes but which was of unknown orientation. The breccia intersected in

hole AZ-07-21 has variable magnetite content and contains both chalcopyrite and bornite with the bornite occurring in zones that contain less magnetite and epidote than those zones that contain only chalcopyrite. Native copper,

the product of supergene alteration of hypogene sulphide mineralization, occurs throughout the core above the zone of primary copper sulphides. Metallic screen copper analyses have yet to be carried out on this section of the drill core.

An interpretation of the geology and mineralization displayed in this and previous holes has led to a new geometric model of the Aurizon zone of copper-gold mineralization. It is now thought that relatively low grade copper mineralization (0.2% copper or less) intersected in some previous drill holes

is possibly peripheral to higher grade copper mineralization. Accordingly,

on-going drilling is designed to test this model.

Drill hole locations and assay results will be able to be viewed shortly on the Company's website (www.gwrresources.com).

The Company follows an accepted Quality Assurance/Quality Control program using standards, blanks and duplicates and employing appropriate security measures. Core samples were assayed by Eco Tech Laboratory Ltd. of Kamloops, British Columbia.

David G. Bailey, Ph.D., P.Geo., is the Qualified Person, as defined by National Instrument 43-101, who accepts responsibility for the technical content of this news release.

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release.

-0-

08/13/2007

/For further information: Irvin Eisler, President, Company Telephone Number: (250) 546-8048/
(GWQ.)

CO: GWR Resources Inc.
ST: British Columbia
IN: MNG
SU: DSC

-30-

□