

FREEWEST INTERSECTS 34.1% Cr₂O₃ OVER 174 METRES AT BLACK THOR ON ITS 100%-OWNED McFAULDS PROPERTY, NORTHERN ONTARIO

HIGHLIGHTS:

- Drill hole BT-09-37 yields **34.1% Cr₂O₃ over 174.0 metres** from the Black Thor chromite occurrence
- The 174-metre intercept contains 3 higher-grade sections including **40.4% Cr₂O₃ over 38.0 metres, 43.1% Cr₂O₃ over 64.0 metres and 41.6% Cr₂O₃ across 35.0 metres**
- Twenty seven (27) of thirty one (31) drill holes completed over a 2.6 kilometre strike length at Black Thor, have intersected significant chromite mineralization, representing a success rate of **87%**

Montreal, Quebec, Canada, June 2, 2009 – Freewest Resources Canada Inc. (**FWR:TSX-V**) (the “Company”) is pleased to announce additional assay results recently obtained from the Company’s Black Thor chromite occurrence on its 100%-owned McFaulds property (the “Property”). The Property, consisting of 1,036 hectares, comprises one of three properties in which the Company is currently exploring, on its own and in strategic joint-venture agreement arrangements in the “Ring of Fire” metals district.

BLACK THOR DIAMOND DRILLING RESULTS:

Up to the spring break-up, when Freewest temporarily halted its drilling operations, 31 drill holes have been completed on the Black Thor chromite occurrence, comprising 10,908 metres of drilling. Chromite analyses have subsequently been received for all of the 31 drill holes as summarized in Table 1. As such, it represents a complete list of significant chromite assay intervals up to the latest cessation of diamond drilling. Since the last release of diamond drilling results documenting Black Thor mineralization, up to and including drill hole BT-09-17 (see Freewest News Release of March 25, 2009), an additional 18 drill holes were completed.

The highlight of recently received drill results and of all of the drilling completed to date is the broad high-grade zone of chromite mineralization intersected in drill hole BT-09-37. Hole 37 comprises an upper zone of mineralization yielding **34.1% Cr₂O₃ over a core length of 174 metres** that contains 3 higher-grade intervals; **40.4% Cr₂O₃ over 38.0 metres, 43.1% Cr₂O₃ over 64.0 metres and 41.6% Cr₂O₃ across 35.0 metres**. In addition to the upper zone, a lower zone of chromite mineralization was also intersected in the same drill hole, returning **31.5% Cr₂O₃ across 25.0 metres (including 40.1% Cr₂O₃ over 10.0 metres)**. Company management is of the view that the pronounced increased thicknesses of the chromite encountered on this portion of the Black Thor occurrence, are indicative of proximity to a possible feeder zone, which would propagate such robust zones of mineralization. Clearly, this portion of the mineralized zone will receive the highest priority, when diamond drilling resumes.

Other recent significant drill intercepts returned from the Black Thor occurrence include **40.2 Cr₂O₃ over 25.0 metres** (CS09-19), **41.9% Cr₂O₃ over 14.0 metres** (BT-09-20), **40.3% Cr₂O₃ across 31.0 metres** in drill hole BT-09-23, **36.2% Cr₂O₃ over 22.0 metres** (BT-09-24), **38.3% Cr₂O₃ across 23.0 metres** (BT-09-33) and **41.3% Cr₂O₃ over 11.0 metres** in drill hole BT-09-50.

Currently, the Black Thor chromite occurrence has been drilled over an intermittent strike length of 2600 metres (from drill sections 500N to 3100N) and to a maximum vertical depth of about 350 metres. It currently remains open-ended along strike and to depth (Map 1). A residual gravity anomaly closely associated with Black Thor, indicates a further 1000 metres of potential strike length for chromite mineralization, in addition to the 2600 metres already defined.

Map 1 comprises part of this news release and is posted on the Freewest website at www.freewest.com

Preliminary chrome to iron ratios (Cr:Fe) at Black Thor are **2.04 for drill intercepts averaging greater than 40% Cr₂O₃** (as high as 2.27) and **1.81 for drill intersections averaging greater than 30% Cr₂O₃** (as high as 2.16). Such ratios compare favorably to those seen in established chromite mining camps globally, including deposits in the Bushveldt Igneous Complex (1.60) in South Africa and the Kemi deposit (1.53) located in Finland.

Equally encouraging to the strong widths and grades encountered at Black Thor, is the high frequency of intersecting significant chromite mineralization in diamond drilling over its current 2.6 kilometre strike length. Of the total 31 drill holes completed at Black Thor, 27 intersected significant chromite mineralization, representing a success rate of 87%. Notably, two of the 4 holes that missed, BT-09-21 and BT-09-40, were drilled at shallow depths on drill sections 1600N and 500N, respectively. Deeper holes completed on these sections both returned significant chromite, including **33.2% Cr₂O₃ over 29.0 metres** in drill hole BT-09-22, drilled beneath BT-09-21 and **39.0% Cr₂O₃ over 8.0 metres** in drill hole BT-09-42, and drilled beneath BT-09-40. The



lack of mineralization in the shallow holes coupled with mineralization present in deeper holes may be explained by possible plunges or rakes to chromite mineralization. Additional drilling is clearly warranted to fully test this structural premise.

FREEWEST MOVING FORWARD:

Currently, all of the assay, diamond drilling, geological, geophysical and geochemical data is being compiled and interpreted by the Company. This will allow Freewest to prioritize drilling targets in preparation for the onset of drilling, anticipated for late June. A minimum of 3 and likely 4 drill rigs will be employed upon resumption of drilling, with at least 2 testing the Black Thor chromite occurrence and the other rigs testing the Black Label chromite occurrence, the F2 nickel-copper-platinum group element (PGE) occurrence as well as several nickel-copper-PGE targets situated near the base of the ultramafic intrusion.

The emphasis on Black Thor drilling will be to continue to expand the limits of chromite mineralization beyond the 2600 metres and also to fill-in the current 200-metre drill spacing at more detailed 100-metre centres, along the same strike length. The immediate goal of all of this, is to complete sufficient drilling at optimal spacing enabling the Company to complete a National Instrument 43-101 compliant mineral resource estimate as soon as practically possible.

In concert with the major upcoming diamond drilling program, the Company will complete a preliminary assessment on chromite metallurgy in an effort to refine the various styles of mineralization identified at Black Thor and Black Label and to provide estimates of the quality of the final chromite concentrates derived from same. Additionally, the Company will tender for the completion of an environmental base-line study, a soil and groundwater investigation conducted to establish the baseline level of potential contaminants in soils and groundwater beneath a concerned site.

INDEPENDENT QUALITY CONTROL AND ANALYTICAL PROTOCOL:

A thorough quality control program has been implemented for the McFaulds project including grouping samples into batches of 35 into which are added 2 certified reference material standards, 2 field blanks composed of barren drill core and a field duplicate. Coarse reject and pulp duplicates also from part of the Quality Control program. The Company is confident that all assays reported in this news release have passed rigorous control guidelines as set out by Freewest's independent Quality Assurance/Quality Control person.

All samples were submitted to Activation Labs (Actlabs) of Ancaster, Ontario for analyses. The samples were analyzed for multi-elements using a 4-acid digestion followed by ICP analyses. Gold, platinum and palladium were assayed by the Fire Assay method on 30 grams of prepared sample. For higher grade chromium analyses (greater than 1%), the samples are analyzed by the Neutron Activation method wherein they are irradiated prior to final reading. This method yields analyses in percent for elemental chromium, Cr₂O₃ and elemental iron. Additional information on the analytical techniques employed can be accessed on the Actlabs website at www.actlabsint.com.

Additional quality control measures have also been recently adopted for Cr and Fe including the insertion of a certified reference material SARM 8, purchased from Mintek in South Africa. This quality control method provides a check for high-grade chrome samples yielded by INAA analyses provided by Actlabs.

Donald Hoy, P. Geo. (Ontario), Vice President of Exploration and a Director of Freewest Resources Canada Inc. is the Qualified Person (under National Instrument 43-101) on the McFaulds project and is responsible for the preparation of this news release.

Freewest is a well-financed mineral exploration corporation with over C\$3.0 million in working capital. It is actively exploring for gold, base-metals and chromite within eastern Canada. Corporate information can be accessed on the Internet at www.freewest.com. Freewest's shares are listed on the TSX Venture Exchange under the symbol FWR.

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



TABLE 1
DIAMOND DRILLING RESULTS
BLACK THOR CHROMITE ZONE

HOLE NO.	GRID COORDINATES	DIP	FROM (METRES)	TO (METRES)	INTERVAL (METRES)	%CR ₂ O ₃	CR/FE
BT-08-01	L1100N, 175W	-50°	236.2	337.0	100.8	29.5	1.56
			includes 277.8	337.0	59.2	37.1	1.91
			that includes 289.0	335.3	46.3	40.6	2.05
BT-08-02	L900N, 267W	-50°	hole stopped short of Black Thor mineralized zone				
BT-08-03	L2700N, 229W	-50°	226.0	335.7	109.7	21.4	1.22
			includes 227.0	236.8	9.8	39.1	1.86
			and also includes 242.5	253.8	11.3	23.4	1.32
			and also includes 285.6	335.7	50.1	30.4	1.77
			that includes 313.6	335.1	21.5	40.0	2.10
BT-08-04	L2700N, 120W	-50°	no significant chromite mineralization				
BT-08-05	L2700N, 339W	-50°	386.0	478.0	92.0	21.2	1.27
			includes 386.0	409.3	23.3	30.7	1.73
			and also includes 453.1	478.4	25.3	27.5	1.60
			that includes 461.1	478.4	17.3	30.0	1.62
BT-08-10	L1100N, 100W	-50°	124.7	174.2	49.5	24.3	1.40
			includes 124.7	146.9	22.2	24.7	1.38
			and also includes 153.7	174.2	20.5	29.7	1.64
BT-08-11	L1000N, 100W	-45°	150.5	210.0	59.5	24.6	1.28
			and also includes 185.0	209.0	24.0	34.0	1.61
BT-08-12	L1000N, 100W	-65°	220.5	367.0	146.5	27.6	1.42
			includes 243.0	367.0	124.0	30.0	1.51
			that includes 306.0	358.0	52.0	40.0	1.92
BT-09-13	L1200N, 100W	-45°	128.0	162.0	34.0	24.0	1.38
			that includes 150.0	162.0	12.0	38.4	1.88
BT-09-14	L1400N, 150W	-45°	99.0	132.0	33.0	21.1	1.26
			includes 100.0	121.0	21.0	25.5	1.46
			followed by 143.0	182.0	39.0	29.6	1.70
			that includes 161.0	178.0	17.0	38.3	2.00
BT-08-15	L1200N, 200W	-45°	253.0	314.7	61.7	30.7	1.55
			that includes 279.0	309.0	30.0	40.3	1.93
BT-09-16	L1400N, 150W	-60°	120.0	159.0	39.0	30.0	1.57
			followed by 183.0	213.0	30.0	30.8	1.70
BT-09-17	L1800N, 175W	-65°	57.0	78.0	21.0	24.3	1.53
			followed by 148.0	153.0	5.0	24.0	1.57
			followed by 171.0	181.0	10.0	24.0	1.58
			followed by 242.0	252.0	10.0	23.6	1.56
			followed by 268.0	289.0	21.0	33.4	2.01
			followed by 319.0	338.0	19.0	31.1	1.54
BT-09-18	L1800N, 175W	-45°	35.0	53.0	18.0	24.0	1.57
			followed by 89.0	94.0	5.0	22.6	1.26
			followed by 100.0	108.0	8.0	23.0	1.36
			followed by 133.0	139.0	6.0	20.6	1.34
			followed by 165.0	183.0	18.0	35.1	1.96
			BT-09-19	L2000N, 175W	-60°	84.0	111.0
BT-09-20	L2000N, 175W	-45°	followed by 196.0	225.0	29.0	24.3	1.49
			followed by 241.0	266.0	25.0	40.2	2.25
			followed by 294.0	309.0	15.0	32.6	1.90
			followed by 316.0	323.0	7.0	22.2	1.42
BT-09-21	L2000N, 175W	-45°	76.0	90.0	14.0	35.8	1.95
			followed by 142.0	151.0	9.0	29.6	1.73
			followed by 160.0	166.0	6.0	33.6	2.00
			followed by 175.0	189.0	14.0	41.9	2.27
			followed by 198.0	210.0	12.0	29.5	1.74
BT-09-22	L1600N, 150W	-45°	no significant chromite mineralization				
BT-09-23	L1600N, 250W	-50°	212.0	216.0	4.0	27.8	1.73
			followed by 232.0	261.0	29.0	33.2	1.81
			that includes 242.0	254.0	12.0	40.2	2.0
BT-09-23	L2200N, 200W	-60°	58.0	63.0	5.0	41.6	2.10
			followed by 258.0	282.0	24.0	37.9	2.11
			followed by 298.0	346.0	48.0	37.0	1.87
			that includes 314.0	345.0	31.0	40.3	1.90



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HOLE NO.	GRID COORDINATES	DIP	FROM (METRES)	TO (METRES)	INTERVAL (METRES)	%CR ₂ O ₃	CR/FE
BT-09-24	L2200N, 200W	-45°	93.0	107.0	14.0	25.7	1.60
			followed by 182.0	204.0	22.0	36.2	2.12
			followed by 220.0	224.0	4.0	38.6	2.16
			followed by 242.0	250.0	8.0	39.2	1.81
BT-09-33	L2900N, 225W	-45°	155.0	185.0	30.0	30.5	1.54
			that includes 155.0	162.0	7.0	40.8	1.87
			and also includes 173.0	185.0	12.0	42.5	1.96
			followed by 210.0	218.0	8.0	33.2	1.77
			followed by 370.0	393.0	23.0	38.3	2.11
BT-09-35	L800N, 100W	-45°	153.0	161.0	8.0	31.5	1.53
			followed by 189.0	210.0	21.0	33.9	1.73
			followed by 219.0	225.0	6.0	29.5	1.39
BT-09-36	L800N, 100W	-60°	317.0	331.0	14.0	34.2	1.75
BT-09-37	L2900N, 225W	-60°	198.0	372.0	174.0	34.1	1.63
			that includes 198.0	236.0	38.0	40.4	1.94
			and also includes 252.0	316.0	64.0	43.1	1.97
			and also includes 337.0	372.0	35.0	41.6	2.03
			followed by 443.0	468.0	25.0	31.5	1.69
that includes 456.0	466.0	10.0	40.1	2.04			
BT-09-40	L500N, 050W	-45°	no significant chromite mineralization				
BT-09-41	L3100N, 100W	-45°	216.0	223.0	7.0	37.5	1.90
BT-09-42	L500N, 060W	-60°	299.0	307.0	8.0	39.0	1.83
BT-09-44	L3100N, 100W	-60°	160.0	172.0	12.0	38.3	1.83
BT-09-47	L3600N, 075W	-45°	no significant chromite mineralization				
BT-09-49	L2400N, 200W	-45°	158.0	173.0	15.0	37.1	2.02
BT-09-50	L2400N, 200W	-60°	238.0	250.0	12.0	29.8	1.32
			followed by 283.0	294.0	11.0	41.3	2.17
			followed by 307.0	312.0	5.0	40.4	2.18