

Gowest Amalgamated Resources Ltd
Trading Symbol: GWA – TSX Venture Exchange

Newstrike Resources Ltd
Trading Symbol: NR – TSX Venture Exchange

Toronto, August 15, 2005

**PROGRESS REPORT – GOWEST - NEWSTRIKE JOINT VENTURE
WAWA GOLD**

Gowest is the operator of a 50:50 joint venture on optioned property located 48 km northwest of Wawa, Ontario. For details of the joint venture and option agreements, please refer to the announcement of October 15, 2004.

Since late winter exploration work in the form of a helicopter geophysical survey, prospecting and diamond drilling has been underway on the property. Recently, the drilling was suspended by an order from the Ministry of Natural Resources. Because of the extreme fire hazard, all work and travel has been suspended in the Wawa area. The drill rig is therefore on standby until the order is rescinded. There have been no significant gold intersections encountered in the drilling completed to date. Some geophysical anomalies remain to be tested.

The writer is the qualified person responsible for the verification of the information and data used in this release and is satisfied that the information and data meet the appropriate standards.

On behalf of Gowest and Newstrike Resources Ltd,

Ronald J. Bradshaw, P. Eng. President
Gowest Amalgamated Resources Ltd

The TSX Venture Exchange has neither approved nor disapproved the information contained herein. For additional information:

Phone: Donald Rankin @ (416) 6286556 or see our website at:
[www.gowest](http://www.gowestamalgamated.com) amalgamated.com