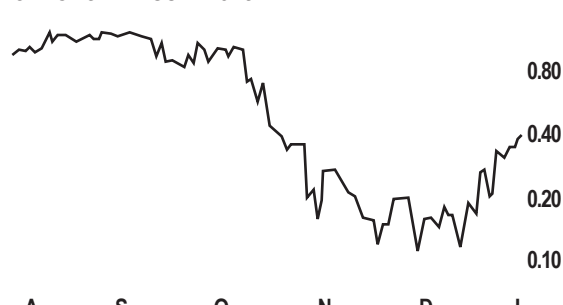


Helio Resource Corp. drills 13.5 m of 3.35 g/t Au at Kenge Target

Sector: Mining/Exploration

► Helio Resource Corp. (HRC:TSX-V) is a well-financed junior gold exploration company focused on developing the SMP Gold Project in Tanzania into a significant gold resource. To date, Helio has completed over 45,000m of diamond and RC drilling with results clearly supporting management's belief that the SMP Gold Project has the potential to host a significant open-pit table deposit.

6 Month Price Chart



► January 15, 2009

Kenge Target Drilling Update

Helio Resource Corp. ("Helio" or the "Company") (TSX-V: HRC) is pleased to report the latest drill results from twenty-six diamond drill holes from the NW Zone of the Kenge Target at the SMP Gold Project, Lupa Goldfields, SW Tanzania. The results confirm management's view that Kenge has the potential to host a significant open-pit table gold deposit.

Highlights

- * All drill holes intersected zones of gold mineralisation typical for the Kenge target.
- * The new results confirm that the NW Zone is continuous with the Main Zone from surface to a depth of 100m (not two separate zones as previously thought).
- * The combined strike length of the Main-NW Zone is now 1,400m.
- * Mineralisation is still open to depth and along strike.

A table of the drill results is presented below, together with a revised long section of the Kenge NW Zone. The results indicate the presence of higher grade material in the vicinity of the old Razorback pit.

2008 Diamond Drilling Programme Summary

As mentioned previously (Company Press Release November 10, 2008) all of the planned 2008 diamond drilling was completed.

Results from 40 holes from the Kenge Target, five holes at the Konokono Target and 21 holes from the Porcupine Target are still pending. All outstanding samples from these holes are currently being processed in the lab and will be reported once results are received.

ABOUT THE SMP GOLD PROJECT

Helio, through its 100% owned subsidiary BAFEX Tanzania Ltd., can earn a 100% interest in five contiguous licences, which cover a 34km strike length of the Saza Shear Zone (see news releases dated December 19, 2005, September 11, 2006, and October 16, 2008). The project covers the New Saza Gold Mine, which operated between 1939 – 1956, producing approximately 270,000 ounces of gold at an average grade of 7.5g/t Au.

Since June 2006, the Company has drill-tested eleven targets, nine of which are hosted by the Saza Shear Zone. All eleven targets have intersected bedrock-hosted gold mineralisation, the most advanced being the Kenge Target, which has returned up to 22.0m grading 6.9g/t gold in the Main Zone (Company press release dated May 23, 2007). The thickest mineralised intercept at Kenge is from the Mbenge Zone (48.7m @ 2.1g/t Au - Company press release dated September 8, 2008). The thickest mineralised intercept to date at the SMP was drilled at the Porcupine target (52.2m grading 3.3g/t Au – Company press release dated July 21, 2008).

Recently, the Company announced excellent metallurgical results from the SMP project, where recoveries of up to 96% were achieved by conventional processes at the Kenge target (Company press release August 11, 2008).

Chris MacKenzie, M.Sc., C.Geol., Helio's COO and a Qualified Person as designated by NI 43-101, supervises the exploration at the SMP project, including the sampling and quality assurance / quality control programmes, and has reviewed the contents of this news release. Unless otherwise stated all drill holes were oriented at -48° or -60° and were drilled perpendicular towards the main structural trend. Intercepts are reported as drilled widths, and estimated true widths vary from 65-98%+ of drilled width. Core was halved with a rock saw and sample lengths between 0.3m and 2.0m within the mineralised zone were submitted to the lab (with the duplicate half being retained). QA/QC includes the use of blanks and standards (ave. 1 every 15 samples) and duplicates (ave. 1 every 24 samples). Samples were assayed at the SGS Laboratory in Mwanza, Tanzania by 50g gold fire assay. As well as the Company's internal QA/QC programme, SGS also applied their own internal QA/QC programme, consisting of insertion of standards and duplicates. Unless otherwise stated weighted average intercepts are calculated between the uppermost and lowermost samples within the main mineralised zone using a 0.5g/t cut-off and may include some internal waste.

Helio's main focus is the development of the SMP Gold Project in Tanzania. As part of its strategic approach to project development, Helio has optioned 9 of its Namibian licences to Desert Minerals (UK) Ltd. and continues to pursue joint venture partners for its other projects in Namibia.

Table of Drill Intercepts

Hole	Target	Intersection
SZD122	Kenge NW	14.8m @ 2.23g/t Au from 51.7m
SZD122	Kenge NW	incl. 0.4m @ 40.4g/t Au from 55.85m
SZD123	Kenge NW	16.6m @ 1.9g/t Au from 46.1m
SZD125	Kenge NW	9.77m @ 1.1g/t Au from 52.2m
SZD126	Kenge NW	13.51m @ 3.35g/t Au from 44.19m
SZD126	Kenge NW	incl. 0.28m @ 30.1g/t Au from 52.69m
SZD126	Kenge NW	and incl. 0.45m @ 46.3g/t Au from 55.8m
SZD127	Kenge NW	2.35m @ 3.23g/t Au from 35.31m
SZD127	Kenge NW	and 4.42m @ 0.98g/t Au from 57.13m
SZD130	Kenge NW	3.12m @ 1.53g/t Au from 41.64m
SZD130	Kenge NW	and 5.6m @ 3.07g/t Au from 50.39m
SZD131	Kenge NW	2.41m @ 1.65g/t Au from 63.23m
SZD132	Kenge NW	12.1m @ 1.43g/t Au from 47.18m
SZD135	Kenge NW	10.45m @ 0.51g/t Au from 61.1m
SZD138	Kenge NW	12.31m @ 1.53g/t Au from 45.23m
SZD139	Kenge NW	13.74m @ 2.11g/t Au from 72.61m
SZD142	Kenge NW	11.25m @ 0.91g/t Au from 83.19m
SZD143*	Kenge NW	12.88m @ 0.43g/t Au from 110.05m
SZD146	Kenge NW	8.79m @ 3.07g/t Au from 81.68m
SZD147	Kenge NW	7m @ 0.98g/t Au from 111.7m
SZD151	Kenge NW	2.13m @ 3.24g/t Au from 76.77m
SZD152	Kenge NW	3.87m @ 0.55g/t Au from 110.98m
SZD155	Kenge NW	1.69m @ 1.74g/t Au from 63.78m
SZD156	Kenge NW	<1.0m @ 1.0g/t Au
SZD161	Kenge NW	1.35m @ 2.9g/t Au from 69.3m
SZD162*	Kenge NW	1.32m @ 0.4g/t Au from 94.31m
SZD165	Kenge NW	5.53m @ 1.52g/t Au from 87.6m
SZD167	Kenge NW	12.05m @ 0.76g/t Au from 85.99m
SZD168	Kenge NW	3.0m @ 2.85g/t Au from 138.0m
SZD170	Kenge NW	11.07m @ 0.83g/t Au from 114.97m

* Not 0.5g/t cut-off

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ON BEHALF OF THE BOARD OF DIRECTORS

"Richard D. Williams"	"Chris MacKenzie"
Richard D. Williams, P.Geo	Christopher J. MacKenzie, C.Geol.
CEO	COO

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

Market Data

52-week low/high	\$0.13/\$1.04	Market Cap	\$39.7 Mil.
Shares Outstanding		Cash & Marketables	\$4.1 Mil.
- Basic	113.4 Mil.	Debt	None
- Diluted	124.5 Mil.		

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