



QUARTER HIGHLIGHTS

IRON ORE

- **Yalleen Iron Ore JV**- the 2008 program of RC and diamond drilling at Kumina Creek and Robe Exit concluded during the quarter. A resource estimation update is expected by JV manager at the end of Q109. Assay results received during the quarter include:

Kumina Creek:	15.75m @ 59.4% Fe from 23.3m in YA233; 24.1m @ 58.9% Fe from 36.2m in YA266 and 22.0m @ 58.2% Fe from 20m in YA293
Robe Exit:	22.0m @ 57.5% Fe from 6m in YA370, 10.0m @ 56.6% Fe from 18m in YA366 and 10.0m @ 58.9% Fe in YA385

BASE METALS

- **Parachilna Project SA**- Diamond and RC drilling testing the Company's Blinman Copper exploration model was completed during the quarter. Initial results indicate a good correlation between chargeable IP features in resistive rocks and the mineralised system surrounding the historic Blinman Mine. Drill Core has been transported to Perth for logging and cutting, RC sampling has identified zones of anomalism and 1m samples have been submitted for assay. Results are pending.
- **Olary Project SA** - An aeromagnetic survey conducted during the quarter has identified a series of copper/gold targets within the project area.
- **Booyeema Nickel JV** -managers Anglo American have conducted a 628 line kilometre VTEM airborne geophysical survey, final data and interpretation of survey is expected in Q109.

GOLD

- **Glenburgh** - Helix with assistance from Runge Limited has re-estimated the Glenburgh resource taking into account all drilling to date. The total resource inventory at a 1g/t Au Cutoff now stands at:
2.4Mt @ 2.6g/t Au for 203,000 ounces (Inferred)
- **Tunkillia Gold JV** - Assays from 36 holes (477m DDH, 2391m RC) drilled by JV manager Minotaur during the quarter. This drilling concluded Minotaur's earn-in of \$5M, which is subject to Audit.

CORPORATE

- Cash of \$5M and JV partner estimated spend of \$4M expected to advance Projects well into 2010 during challenging economic conditions.

CORPORATE

1. Cash Position

Cash reserves of \$5.1M are considered adequate in these challenging times to continue to progress our Mineral Assets. The \$2.4M cash spend for the 2H08 in progressing our Yalleen JV, Glenburgh Resource upgrade, Blinman drilling and Olary aeromagnetism will provide substantial information to maximise the value of these Assets. When coupled with a further \$4M estimated to be spent by our JV partners on advancing our Projects during calendar year 2009, Helix is adopting a risk/reward position consistent with the expected economic conditions.

Over the past 2 ½ years, Helix has adopted a proactive cost reduction focus which, when coupled with its internal continuous improvement program, provides the Company with a strong platform to react quickly to current market conditions. This approach has allowed management to concentrate on preserving shareholder value and focus on opportunities during the challenging economic conditions which have emerged.

The Company is pleased that during 2H08 the exploration expenditure of \$2.4M represents 85% of Total expenditure.

REVIEW OF OPERATIONS

YALLEEN IRON ORE JOINT VENTURE - WESTERN AUSTRALIA

Helix Resource Limited (30%), API (AMCI/Aquila) (70%) iron ore rights
Helix Resources Limited 100% other minerals

Summary

Exploration work on the Yalleen Iron Ore JV continued to assess the buried CID at Kumina Creek and Robe Exit during the quarter. The in-fill diamond drill program, at Kumina Creek and Robe Exit on 200 x 100 metre drill centres was completed during the quarter. Pre-collars for the drill assessment of the western extension to Kumina Creek mineralisation were also drilled in Q408.

JV Manager API expects to carry out resource modelling in Q109, taking into account all drilling on the Project to date.

Yalleen Project Background

The Yalleen Iron Ore JV Project covers approximately 600km² of the upper reaches of the Robe River drainage system. Pisolitic iron mineralisation in buried palaeodrainage systems developed from erosion of iron rich strata in the northern Hamersley Range create a series of channel deposits under the Quaternary cover within the Robe River and Kumina Creek drainage basins. The Brockman and Marra Mamba Formations, host to many of the major iron ore deposits in the Pilbara region of WA, form the main exposure in the project area.

Work since 2007 has concentrated on definition of known channel iron targets at the Kumina Creek and Robe Exit prospects and bedded iron mineralisation at the Bonham prospect.

Helix commissioned an independent resource estimation with Runge Limited in April 2008 which included drilling results to December 2007. This produced an inferred resource of 112Mt @ 56% Fe at the Kumina and Robe Exit deposits.

The Yalleen Joint Venture is managed by the Australian Premium Iron JV (Aquila/AMCI) and forms part of their larger West Pilbara Iron Ore Project (WPIOP) which also includes deposits in separate joint ventures with Red Hill Iron Ltd and Cullen Resources Limited. These projects are approximately 50-70 km southwest of the Yalleen Project area.

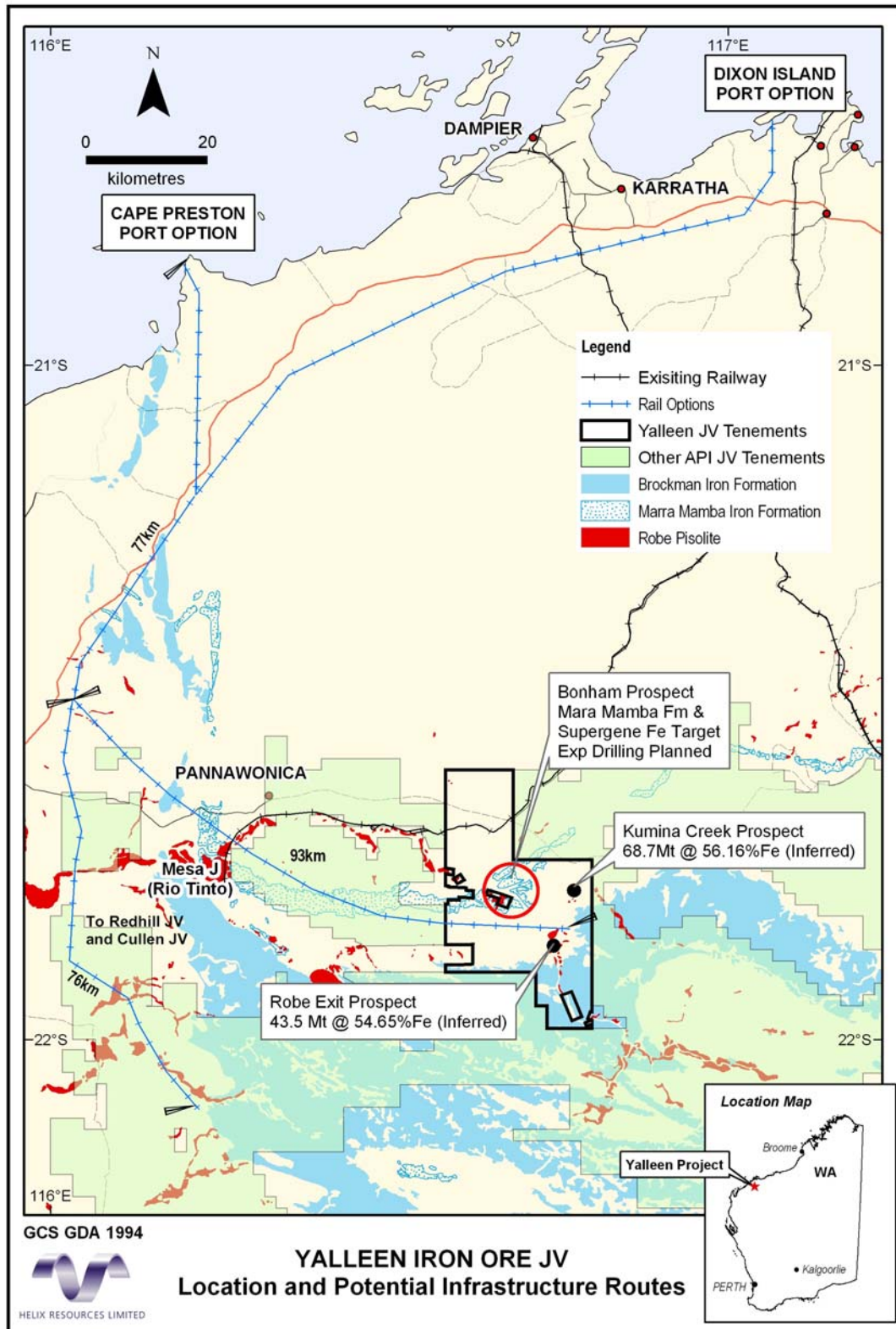


Figure 1 - Yalleen Location

Exploration Update

Drilling programs were finalised for the Kumina Creek and Robe Exit prospects with the completion of 68 drill holes for 2038.7 metres.

Kumina Creek Prospect

Much of the drilling completed during the reporting period concentrated on finalising resource drilling of the Kumina Creek deposit, and additional exploration drilling of western extensions to the deposit. A total of 50 pre-collars were installed, using dominantly mud-rotary or TubeEx techniques, 27 diamond drill tails have been completed for 815 metres of drilling.

Drilling completed on the western extensions to the Kumina Creek deposit indicate that the palaeochannel, which hosts CID mineralisation, continues for at least 1.5km to the west and then probably trends northwest some distance beyond the current grid area. Further work is necessary to confirm this model.

The basement contours indicate the main palaeochannel has a sinuous architecture which overall deepens towards the north. The channel architecture is complicated by tributaries which flow into the main channel and/or oxbow type features, which are truncated by the main channel. The closer spaced drilling in 2008 has assisted in defining this architecture and will help in developing the resource model.

A resource estimate for both Kumina Creek and Robe Exit is scheduled to be completed by API by the end of the first quarter in 2009 taking into account all drilling to date.

Significant results returned during the quarter are tabulated below.

Table 1: Significant Results received from Kumina Creek drilling in Q408

Hole_ID	East	North	From	To	Intercept	Al ₂ O ₃ %	SiO ₂ %	P %	S %	LOI %
YA233	477500.0	7593201.0	14.1	20.3	6.20 m @ 55.02 % Fe	5.58	6.85	0.045	0.021	8.42
			23.3	39.05	15.75 m @ 59.35 % Fe	3.38	3.41	0.074	0.014	7.69
YA244	477304.8	7593009.0	19	24	5.00 m @ 57.70 % Fe	4.14	5.66	0.054	0.019	7.09
			27	33.15	6.15 m @ 58.33 % Fe	3.71	4.14	0.05	0.024	8.21
YA254	479097.1	7592592.6	17.7	26.7	9.00 m @ 54.91 % Fe	4.76	8.30	0.052	0.025	7.83
			29	40.8	11.80 m @ 58.26 % Fe	3.94	4.35	0.055	0.015	7.95
YA257	479009.7	7593299.4	56.6	75.5	18.90 m @ 58.02 % Fe	3.43	4.46	0.084	0.015	8.46
YA261	476889.6	7593399.6	17.1	25.2	8.10 m @ 55.89 % Fe	3.46	6.81	0.063	0.01	8.57
YA265	479299.6	7592598.8	6	27.7	21.70 m @ 57.50 % Fe	4.01	5.78	0.044	0.019	7.41
YA266	479296.4	7592802.0	22	32.1	10.10 m @ 57.58 % Fe	3.96	4.97	0.056	0.022	8.21
			36.2	60.3	24.10 m @ 58.93 % Fe	3.35	3.41	0.057	0.019	8.48
YA268	477402.1	7592757.8	9.7	16	6.30 m @ 57.67 % Fe	3.82	5.57	0.051	0.016	7.64
YA272	479305.2	7593198.5	56	65.5	9.50 m @ 57.53 % Fe	3.12	5.67	0.107	0.012	8.29
YA273	478905.9	7593392.6	40.6	53.9	13.30 m @ 59.64 % Fe	2.50	3.19	0.083	0.016	8.52
			56.3	78.4	22.10 m @ 57.47 % Fe	3.21	4.02	0.1	0.017	9.06
YA279	479192.6	7593398.3	49	58.55	9.55 m @ 55.26 % Fe	3.62	6.95	0.106	0.011	9.50
YA280	479092.5	7593213.9	54	59	5.00 m @ 59.73 % Fe	2.63	3.01	0.075	0.015	8.41
YA281	478996.3	7593380.5	47	61.1	14.10 m @ 56.93 % Fe	3.76	4.34	0.114	0.011	9.82
YA283	477008.1	7593162.6	12.1	21.85	9.75 m @ 55.15 % Fe	5.40	7.17	0.042	0.008	7.83
YA292	477448.9	7592755.4	12	18	6.00 m @ 55.20 % Fe	3.91	9.03	0.054	0.025	7.56
YA293	477546.3	7592772.8	20	42	22.00 m @ 58.15 % Fe	3.97	5.25	0.056	0.015	7.08
YA294	477851.8	7592807.4	12	26	14.00 m @ 58.18 % Fe	3.38	5.85	0.054	0.021	7.01
YA295	477987.2	7592849.2	14	20	6.00 m @ 56.80 % Fe	2.79	9.46	0.047	0.029	5.94
YA296	478948.2	7592792.7	18	25	7.00 m @ 57.84 % Fe	3.51	4.73	0.049	0.02	8.50
YA298	478643.8	7592999.9	17	30	13.00 m @ 55.58 % Fe	3.74	7.06	0.04	0.021	9.11
YA299	478446.7	7593239.3	43	55	12.00 m @ 56.60 % Fe	4.29	6.54	0.06	0.016	7.60

Samples collected at variable lengths, typical sample length being 1 metre, core loss intervals of <0.3m included in intercept. Intercepts reported using lower cut-off of 54% Fe and >5 metres in length. Maximum consecutive waste <2 metres.

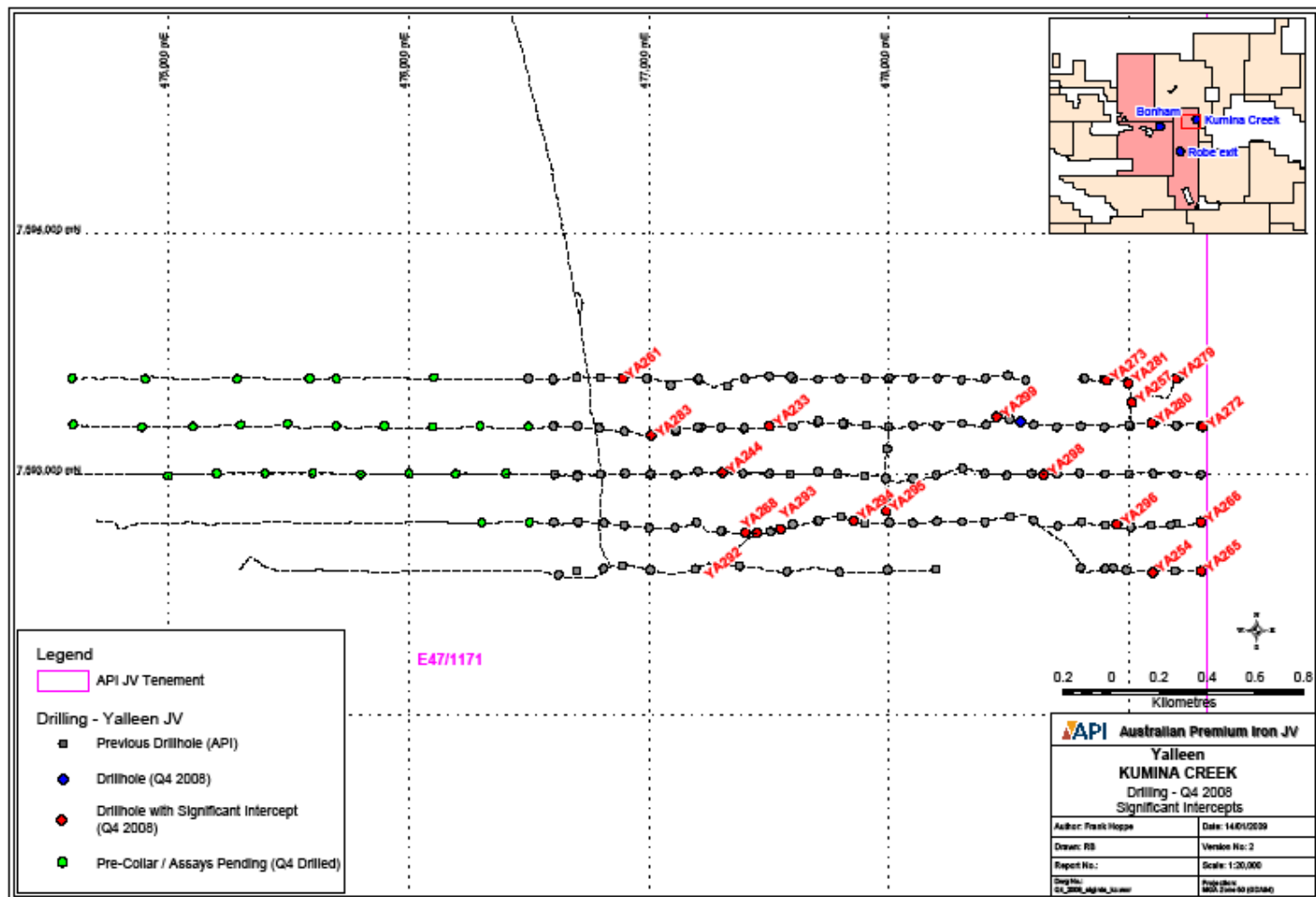


Figure 2: API drill collar location map of holes with results from Q408 drilling at Kumina Creek .

Robe Exit Prospect

During the quarter 39 RC drill holes for 1151 metres and 1 diamond drill hole for 20 metres were completed at the Robe Exit Prospect. Drilling focussed on completing in-fill drilling of the known CID mineralisation to a nominal 100 (E-W) x 200 (N-S) metre grid. Significant results returned during the quarter are tabulated below.

Table 2: Significant results from Robe Exit received in Q408.

Hole_ID	East	North	From	To	Intercept	Al ₂ O ₃ %	SiO ₂ %	P %	S %	LOI %
YA356	473395.6	7583795.6	18	30	12.00 m @ 57.05 % Fe	3.40	6.14	0.053	0.022	8.14
YA357	473503.9	7583794.2	6	12	6.00 m @ 55.77 % Fe	2.61	8.85	0.037	0.018	8.42
YA357	473503.9	7583794.2	18	24	6.00 m @ 55.93 % Fe	3.87	5.97	0.049	0.02	9.48
YA363	474093.7	7584400.1	2	8	6.00 m @ 58.57 % Fe	3.70	3.92	0.042	0.017	8.04
YA366	474298.6	7584604.0	8	14	6.00 m @ 57.20 % Fe	3.77	4.74	0.034	0.022	9.30
YA366	474298.6	7584604.0	18	28	10.00 m @ 56.58 % Fe	3.98	5.35	0.037	0.017	9.32
YA370	474190.5	7584604.7	6	28	22.00 m @ 57.53 % Fe	3.61	4.66	0.036	0.018	9.00
YA373	473196.7	7584601.1	12	36	24.00 m @ 55.43 % Fe	4.16	6.10	0.07	0.01	9.62
YA375	473498.8	7584000.9	8	18	10.00 m @ 55.72 % Fe	4.32	7.07	0.044	0.018	8.46
YA378	473996.5	7584199.8	2	12	10.00 m @ 56.24 % Fe	4.22	5.21	0.04	0.039	9.53
YA383	473323.7	7583953.0	12	20	8.00 m @ 58.42 % Fe	2.90	3.51	0.134	0.018	9.40
YA384	473497.7	7584399.1	6	12	6.00 m @ 55.90 % Fe	3.32	5.02	0.044	0.023	10.51
YA385	473679.0	7584408.4	10	20	10.00 m @ 58.94 % Fe	2.84	3.84	0.045	0.015	8.69

Samples are collected as 2m intervals. Intercept reported using lower cut-off of 54% Fe and >5 metres in length. Maximum consecutive waste <2 metres.

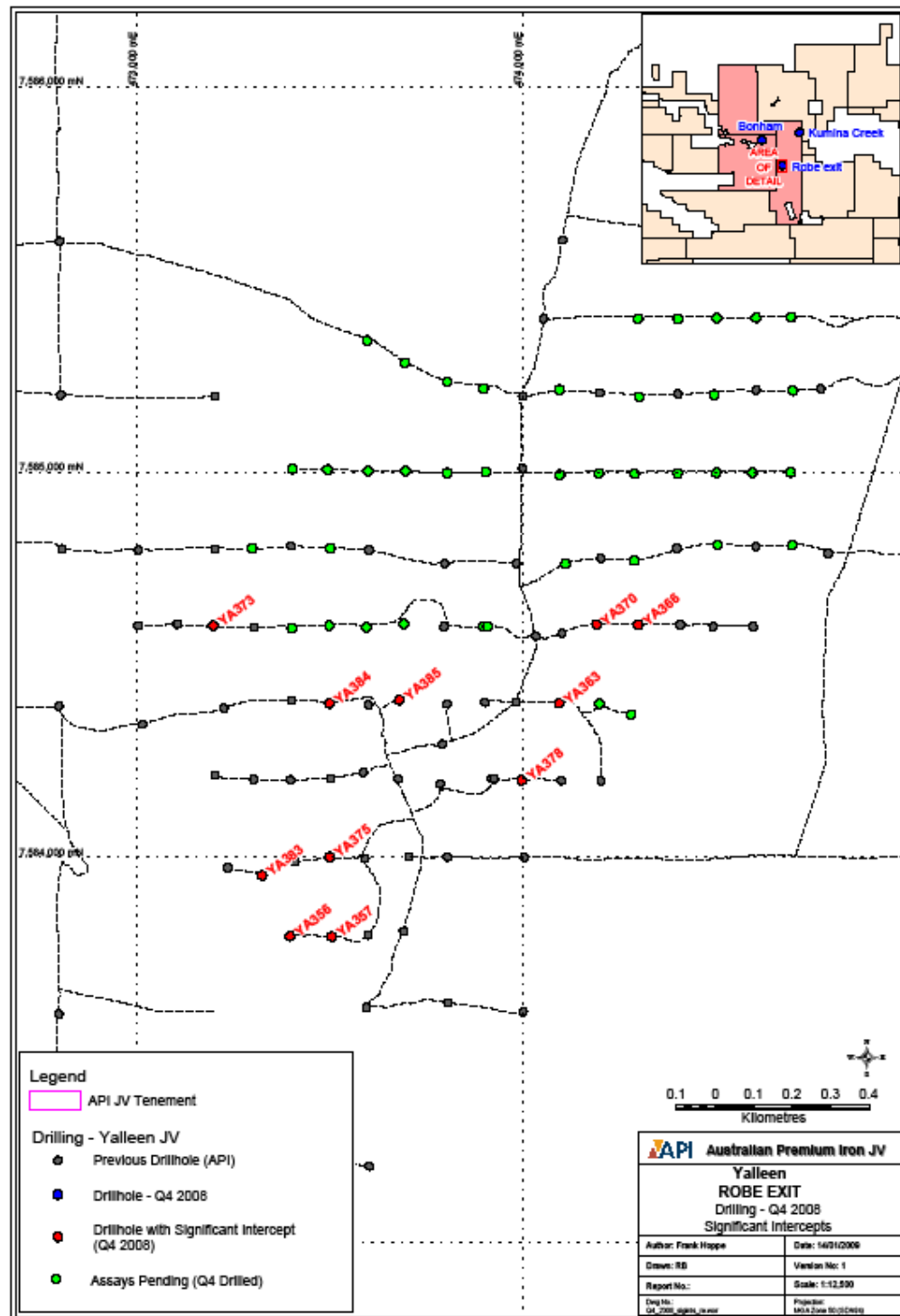


Figure 3: API Significant intercept drill collar location map from Q408 drilling

PARACHILNA PROJECT - SOUTH AUSTRALIA

Helix Resources Limited 100%

EL3814

Background

The Parachilna Project was acquired by Helix for the series of large diapiric domes present in Adelaidean Stratigraphy in the area that host historic copper mines and occurrences including the Blinman Copper Mine, where approximately 200,000 tonnes of copper ore grading 5% Cu was mined from workings to a depth of 165m from surface in the late 1800's and early 1900's.

Exploration Update

Drilling: Diamond and RC Drilling testing the exploration model concluded during the quarter (partly funded by \$100,000 grant from SA Government PACE program). A total of 17 holes for 2,233m RC and 888.5m Diamond drilling were completed. In addition, a water bore was drilled to provide drilling water for the program and an additional source of on going potable water to the local community.

The drilling was aimed at testing a series of IP features surrounding the historical Blinman Mine (where soil geochemistry appears to have been ineffective due to recent cover and the mineralisation in the mine is thought to plunge to the north) and the China Wall prospect. This work will assist the technical team to identify the nature of the broader alteration and mineral assemblages associated with the copper mineralisation in the old mine and provide an exploration model taking into account host lithology, alteration, mineral zonation and structural controls for targeting within the dome.

Drill core from the program was transported to Perth in December for detailed logging, cutting and sampling. Due to the highly weathered nature of the sediments in this area RC Chips were initially sampled on wide spacing to define zones of base metal anomalism. These zones were then sampled on 1m intervals, sent to Perth late in December and are currently with the analytical laboratory. Cutting and logging of core is expected to be completed in January with results from all work expected during Q109.

Regional Geochemistry: Sampling at the Mafic Alley Prospect identified several copper anomalies. Infill sampling was completed to a 50m x 25m grid over these selected areas and results confirm the consistent geochemical response over their extent. The north-eastern edge of the anomalies appears to be structurally controlled. Field mapping should confirm this control.

Additional soil sampling east of Mafic Alley, at the Eastern Prospect was also completed to give first pass geochemical information over a large litho-structural and geophysical target. The southern extension of the Blinman prospect area remains open to the south with Auger soil sampling returning 500m of +500ppm Cu in soils over the southern most line [refer to figure 4]. Additional sampling and mapping is planned in this area.

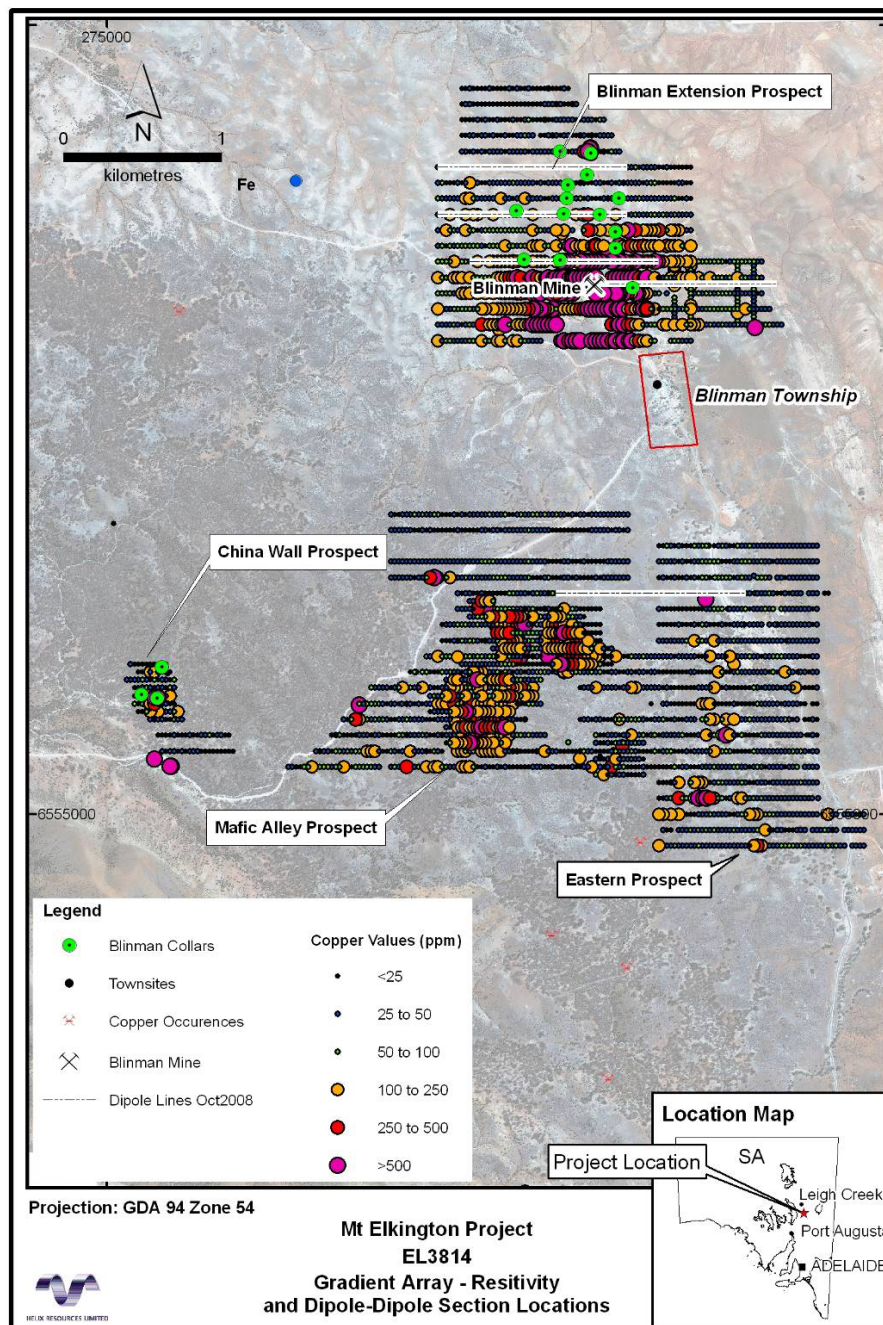


Figure 4: Regional soils programs and drill hole positions from Q408 program

BOOYEEMA NICKEL JV - WESTERN AUSTRALIA

E47/1090 and ELA47/1089 (Anglo American earning 80%)

Manager, Anglo American has advised they have carried out a 628 line kilometre Airborne VTEM survey to test for buried nickel sulphide accumulations on the Booyeema Project (E47/1090). Interpretation is underway with a review of data expected to be carried out by the JV in Q109. Anglo American have the right to earn 80% of the project by spending \$5M over 5 years.

WEST PILBARA PROJECT - WESTERN AUSTRALIA

Helix Resources Limited 100%

E47/1075, 1169-1171(All minerals other than Fe - subject to Yalleen JV), 1144-1145

ELA's 47/1146 & 1176

Exploration Update

Soil sampling following up aeromagnetic, radiometric and previous stream sediment geochemical anomalies described last quarter was completed. The results of this and additional work is summarised below.

- E47/1075 - The previously reported nickel anomaly remains robust as a ~150m wide by ~2km strike length zone in follow-up infill geochemical sampling. The target is associated with a unit that appears to be within the strata and a zone of magnetic disruption. Re-assays for Platinum group elements shows the PGE geochemistry is also elevated in this zone with results up to 22ppb Pt+Pd coincident with elevated nickel. The host rock package remains un-tested for 5km along strike to the west. Follow-up field work will assess this target in 2009.
- E47/1169-1170 - A soil geochemistry survey was completed during the quarter and identified coincident Cu & Zn geochemical anomalism (5-10 times background) in a 10km x 6km Soil grid. The position is associated with the Nullanaring Volcanics and Roy Hill Shales. The assay results suggest a zone of elevated geochemistry with possible enrichment associated with large regional structures. An assessment of results and structural interpretations will form the basis for further work in 2009.

OLARY PROJECT - SOUTH AUSTRALIA

Helix Resources Limited 100%

EL4022, EL3956, ELA 379/08

Background

The Olary Project is a large 1500km² area covering the eastern extent of the Adelaide Geosyncline. The area is considered prospective for gold and base metals. The exploration targets being pursued involve late-stage granites, circulating basinal brines and the structural influence of movement on deep seated craton margin structures that may have influenced the development of larger mineral deposits within reactive sedimentary sequences.

Exploration Update

A 10,000 line kilometre detailed aeromagnetic survey was completed during the quarter. Preliminary interpretations suggest the presence of deep magnetic complexes in the south and eastern portions of the survey area, which is consistent with the exploration model for this project.

Results from an initial geochemical survey along with field mapping and geophysical interpretation will form the basis for the 2009 targeting and future works program.

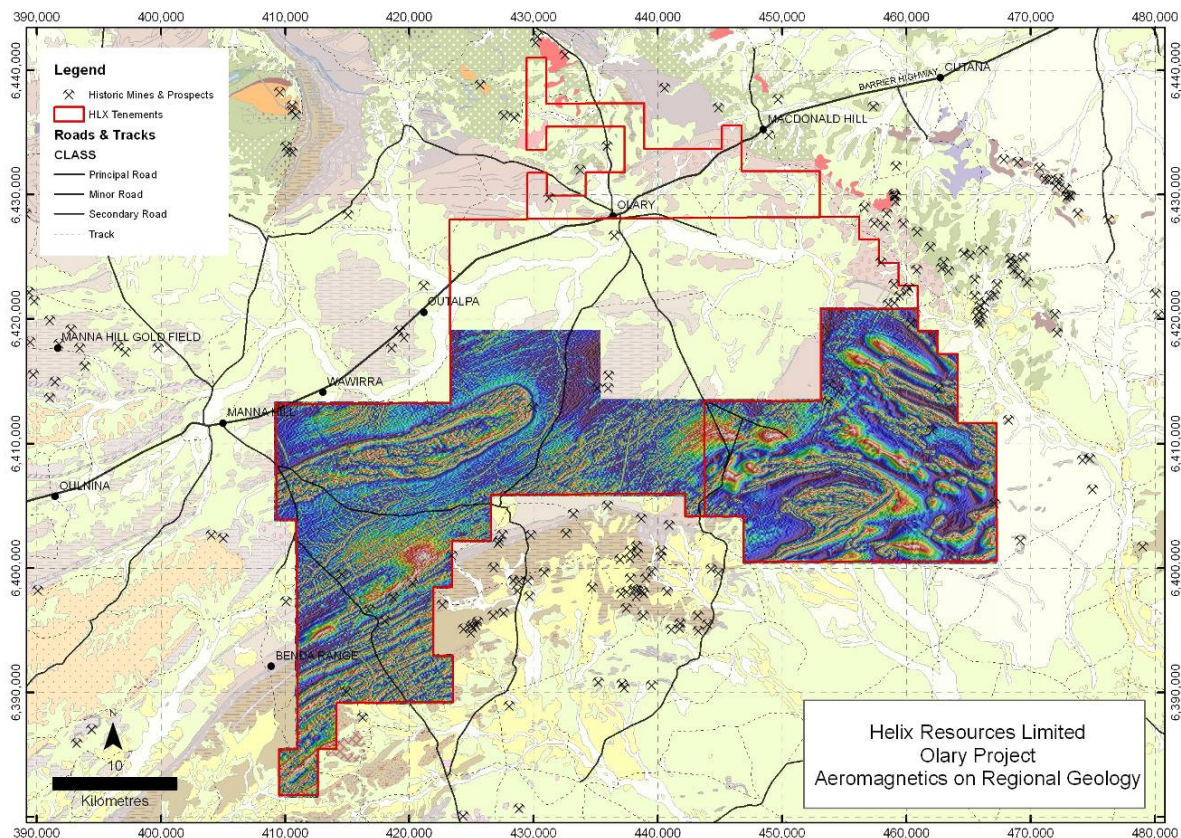


Figure 5: Q408 Aeromagnetics survey, Olary Project South Australia

GLENBURGH GOLD PROJECT - WESTERN AUSTRALIA

Helix Resources Limited 100%

EL 09/1325, 09/1079, 09/1278-1289, P09/424 427

The Glenburgh Gold Project is situated in the Southern Gascoyne Province of WA ~250kms east of Carnarvon. The project consists of a gold mineralised shear system hosted in remnants of Archaean terrane in a Proterozoic mobile belt. Glenburgh was a grass roots discovery by Helix from regional stream sampling in the 1990's. Helix presently holds tenure to 800 square kilometres in the region.

During the quarter Helix finalised a resource update for the Glenburgh Projects with the assistance of external consultants Runge Limited.

The resource estimation for the project now stands at **2.4Mt @ 2.6g/t Au for 203,000 ounces**. This increases the resource by 88% from the 2005 reported estimate. Additional upside is considered to exist with several prospects remaining open along strike and down dip. Further drilling is required to bring these areas into a reportable category.

Resource Statement and Parameters			
Glenburgh Project			
December 2008 Inferred Resource Estimate $\geq 1.0\text{g/t Au}$ Cutoff			
Area	Tonnes T	Au Cut g/t	Au Cut Ounces
Icon	952,000	2.3	71,000
Apollo	670,000	3.4	73,000
Mustang	190,000	1.9	12,000
Shelby	124,000	1.7	7,000
Hurricane	93,000	2.1	6,000
Zone102	185,000	3.3	20,000
Zone126	96,000	2.8	9,000
North East Four	116,000	1.6	6,000
Total	2,425,000	2.6	203,000

The resource estimate was completed using the following parameters:

- The Glenburgh Resource area extends over a strike length of 7,100m (from 10,075mE to 17,175mE) and includes the vertical extent of 170m from 350mRL to 180mRL. This includes the following domains:
- Icon - strike length of 1150m (from 10,075mE to 11,225mE).
- Apollo - strike length of 495m (from 11,425mE to 11,920mE).
- Mustang - strike length of 455m (from 12,170mE to 12,625mE).
- Shelby - strike length of 255m (from 12,975mE to 13,229mE).
- Hurricane - strike length of 235m (from 15,025mE to 15,260mE).
- Zone102 - strike of length of 265m (from 15,775mE to 16,045mE).

- Zone126 – strike length of 160m (from 16,565mE to 16,725mE).
- North East Four – strike length of 250m (from 16,925mE to 17,175mE).
- Drill holes in the database used for resource estimate included 390 surface RC holes and 9 surface diamond holes for a total of 40,792m of drilling. Most of the drill holes were drilled on 50m EW line spacings and angled 60 degrees towards grid south.
- Wireframes were created using cross sectional interpretations based on a 1.0 g/t Au cut-off (Icon and Apollo) or 0.5g/t Au cut-off grade with a minimum downhole length of 2m.
- Various sampling methods were used during the multiple phases of drilling, from 4m composites to 1m samples. The majority within the resource wireframes were composited to 1m.
- Core was generally NQ size. Core samples were collected as half core over 1m intervals and approximately one third analysed for Au at Analabs (Perth) using a 30g fire assay with carbon rod finish.
- Various assay methods Have been used over the life of the project. In all cases, 4m composite samples were submitted for analysis.
 - 1994 to 1995 – 30g Fire Assay fusion and AAS finish (AnaLabs).
 - 1995 to 1997 – 30g Fire Assay with carbon rod finish (AnaLabs).
 - 1997 to 1998 – 50g charge to 0.01ppm detection limit. Fire Assay following Aqua Regia Digest, Pb collection, DIBK extraction and AAS finish (AnaLabs).
 - 2003 – Pb collection Fire Assay with an ICP-OES finish to 1ppb detection limit (Ultra Trace).
 - 2005 to 2008 – 40g Aqua Regia Digest, analysis by ICP-MS. 4m composite samples reporting >0.5 g/t or >1 g/t during 2008, were re-sampled at 1m intervals. These samples were assayed at Ultra Trace Laboratories in Perth using a Pb collection fire assay of a 40g charge, with Aqua Regia digest and ICP-OES finish to 1ppb detection level (HLX, 2008)
- Internal Quality control included taking a field duplicate at every 25th sample. External Quality Control by Ultra Trace Laboratories included analysing two reference materials at random positions in every 28 samples analysed by Aqua Regia (2 in every 30 for Fire Assay). Reference materials included the following Gannet Standards; ST154, 381, 245, 257, 270, 299, and 398. Blanks were analysed at the start of each batch and then after every 90 samples.
- All drillhole collar coordinates have been assigned a nominal elevation of 350m. Down hole surveys for post 2005 RC holes were completed using an Eastman single shot camera or electronic camera (2008), whilst diamond holes were surveyed using the Eastman single shot camera.
- Surpac block models were used for the estimate with blocks sized 5m NS by 25m EW by 12.5m vertical with sub-cells of 2.5m by 12.5m by 6.25m.

- Inverse Distance Squared (ID^2) interpolation was used to estimate the Glenburgh Resource. An orientated 'ellipsoid' search was used to populate the resource blocks, with major search directions determined by the strike, dip and plunge of each individual object.
- A bulk density value of $2.75t/m^3$ was assigned to all material. Drilling indicates fresh rock from surface.
- The resource was classified as Inferred Mineral Resource and was defined where the drill spacing was generally 30m by 50m or less and had multiple drill hole intersections. However, some pods which had only one drill intercept were classified as Inferred where they occurred along the main strike of the mineralised shears or had greater than 1g/t Au intercepts.

This resource estimation will now form the basis for a preliminary desktop scoping study into possible productions options.

LAKE EVERARD (INCL. TUNKILLIA) PROJECT - SOUTH AUSTRALIA

Minotaur Exploration Limited earning 51% gold and base metal rights - EL 3403, ELA 389/06 and EL 3335

Exploration Update

JV Partner and Manager Minotaur Exploration released assay results from their Q308 drilling program on 9 December 2008. A total of 29 holes (331.6m DDH, 2261.6m RC) were assayed with a further 5 RC/diamond (141.7m RC and 209m HQ) holes drilled for geotechnical/structural and metallurgical testwork into Area 223 at the Tunkillia Gold Project. Results from the drilling are listed in Table 4.

Minotaur have advised that geotechnical, structural and metallurgical testing of diamond core, is continuing and will contribute to future assessment of development options at Area 223. In addition, a review of the resource based on new drill data, and a program of regional biogeochemical exploration are proposed for the coming quarter.

Minotaur have also advised Helix that they have reached their earn-in position of \$5 million for 51% of the project and Helix are in the process of conducting an Audit to confirm this position.

Helix has undertaken a full technical review and made a decision to not contribute in respect to the budget to June 2009.

Table 3: Significant drill intercepts from Q308 drilling at Area 223 - Tunkillia

Drillhole	Local E	Local N	Hole Type	Dip	Local Azi	Total Depth	From	Au (g/t)	Ore Type
LED027	109883	110652	RC/DIA	-60	90	117.1	93	1m@1.2	Primary
LED028	109856	110799	RC/DIA	-60	90	150	102	1m@1.4	Primary
LED028							121	1m@4.3	Primary
LED028							127	1m@5.1	Primary
LED028							136	1m@13.8	Primary
LED028							141	1m@1.6	Primary
LED028							146	1m@1.1	Primary
LED029	109825	110850	RC/DIA	-60	90	186	175	2m@1.7	Primary
LED030	109987	112453	RC/DIA	-60	90	165.1	104	1m@1.6	Primary
LED030							118	1m@2.5	Primary
LED030							137	1m@1.5	Primary
LED030							148	5m@4.4	Primary
LED030							156	1m@1.3	Primary
LED030							162	1m@3.1	Primary
LRC559	109915	111994	RC	-60	90	97	71	1m@0.9	Oxide
LRC559							91	6m@4.8(EOH)	Primary
LRC560	110058	111902	RC	-90	0	67	39	2m@4.6	Oxide
LRC561	110062	111375	RC	-90	0	73	50	5m@0.6	Oxide
LRC562	109969	111249	RC	-90	0	70	65	3m@3.6	Primary
LRC562							59	1m@1.4	Oxide
LRC563	110018	111249	RC	-90	0	67	42	12m@1.0	Oxide
LRC564	110022	111199	RC	-90	0	59	42	10m@0.9	Oxide
LRC565	109959	110951	RC	-90	0	65		NSR	
LRC566	109924	110957	RC	-90	0	65		NSR	
LRC567	109904	110953	RC	-90	0	65	51	1m@0.7	Oxide
LRC568	109880	110949	RC	-90	0	65	41	13m@1.1	Oxide
LRC569	109852	110953	RC	-90	0	65		NSR	
LRC570	109823	110944	RC	-90	0	65		NSR	
LRC571	109825	111003	RC	-90	0	59		NSR	
LRC572	109834	111050	RC	-90	0	71		NSR	
LRC573	109955	110897	RC	-90	0	65	45	5m@0.6	Oxide
LRC574	109918	110896	RC	-90	0	65	59	3m@0.5	Oxide
LRC575	109952	110854	RC	-90	0	70		NSR	
LRC576	109926	110846	RC	-90	0	71	61	1m@1.0	Oxide
LRC577	109990	110749	RC	-90	0	59	53	6m@0.7(EOH)	Oxide
LRC578	109964	110751	RC	-90	0	59		NSR	
LRC579	109975	110802	RC	-90	0	77	35	4m@1.5	Oxide
LRC580	109953	110805	RC	-90	0	77	19	1m@0.5	Oxide
LRC580							38	4m@2.0	Oxide
LRC581	109880	111050	RC	-90	0	71	61	4m@2.7	Oxide
LRC582	109949	111004	RC	-90	0	71	52	1m@0.7	Oxide
LRC582							56	12m@1.0	Oxide
LRC583	109971	110694	RC	-90	0	59		NSR	
LRC584	109987	110648	RC	-90	0	65	47	4m@2.0	Oxide
LRC584							58	3m@0.9	Oxide
LRC585	109965	110647	RC	-90	0	65		NSR	
LRC586	109858	110648	RC	-90	0	77	62	1m@1.9	Oxide
LRC586							71	1m@0.6	Oxide
LRC587	109962	111051	RC	-90	0	71		NSR	

Oxide Samples are 1m riffle split RC or ¼ NQ diamond core. All assays use AR/AAS method with >1g/t Au fire assayed. Intercepts >0.5g/t Au with up to 2m of internal dilution. Primary Samples are 1m riffle split RC or ¼ NQ diamond core. All assays use AR/AAS method with >1g/t Au fire assayed. Intercepts >1g/t Au with up to 2m of internal dilution. NSR = No Significant Result, EOH = End of hole.

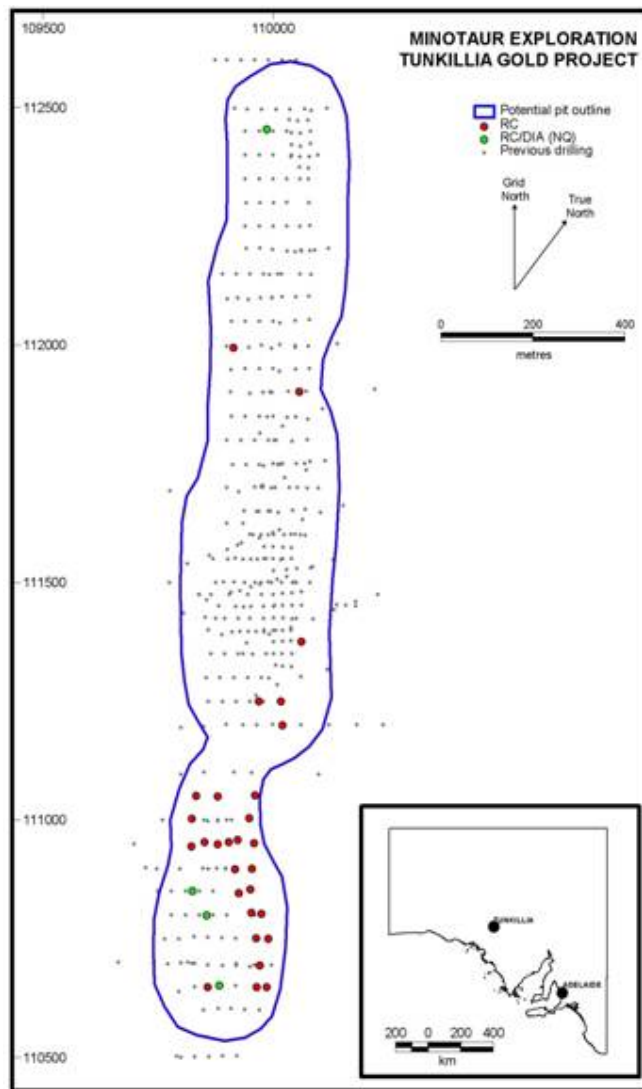
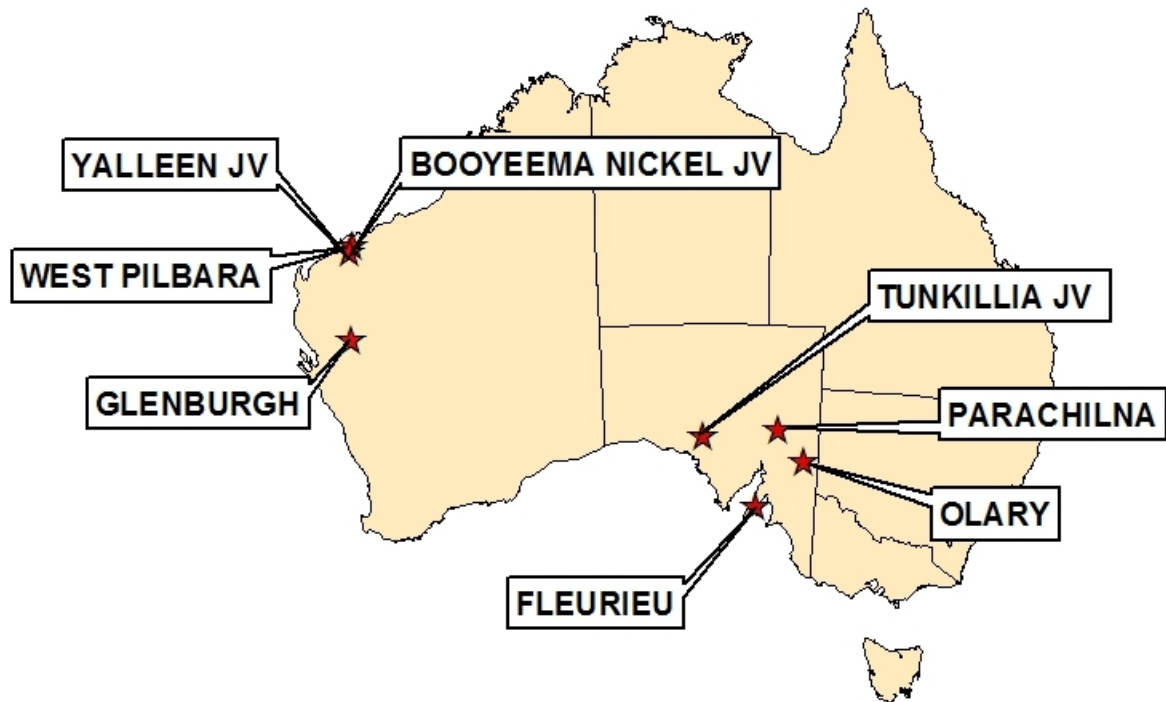


Figure 6: Location map, Tunkillia Area 223 drilling with conceptual pit outline

GENERATIVE

Helix is always seeking gold and copper projects through JV and/or purchase to add to its exploration portfolio.

Whilst a number of Assets have been reviewed to date, they have not met Helix's internal risk/reward profile.



PROJECT LOCATION MAP

The information in this announcement that relates to exploration results in respect of the Yalleen JV is based on information compiled by Mr Stuart H Tuckey who is a member of the Australian Institute of Mining and Metallurgy. Mr Tuckey is full-time employee of Australian Premium Iron Mr Tuckey has sufficient experience which is relevant to the style of mineralisation and type of deposit under consideration and to the activity which they are undertaking to qualify as a Competent Person as defined in the 2004 Edition of the 'Australasian Code of Reporting of Exploration Results, Mineral Resources and Ore Reserves'. Mr Tuckey consents to the inclusion in the report of the matters based on their information in the form and context in which it appears.

The information in this announcement that relates to Exploration Results, Mineral Resources or Ore Reserves relating to the Tunkillia Gold JV is based on information compiled by Dr A.P. Belperio who is a full time employee of Minotaur Exploration Limited and a Fellow of The Australasian Institute of Mining and Metallurgy. Dr A. P. Belperio has a minimum 5 years experience which is relevant to the style of mineralisation and type of deposit under consideration and to the activity which he is undertaking to qualify as a Competent Person as defined in the 2004 Edition of the 'Australasian Code for Reporting of Exploration Results, Mineral Resources and Ore Reserves'. Dr A.P. Belperio consents to the inclusion in the report of the matters based on his information in the form and context in which it appears.

The information in this announcement that relates to Exploration Results, Mineral Resources or Ore Reserves on all other Helix projects is based on information compiled by Mr M Wilson who is a full time employee of Helix Resources Limited and a Member of The Australasian Institute of Mining and Metallurgy. Mr M Wilson has sufficient experience which is relevant to the style of mineralisation and type of deposit under consideration and to the activity which he is undertaking to qualify as a Competent Person as defined in the 2004 Edition of the 'Australasian Code for Reporting of Exploration Results, Mineral Resources and Ore Reserves'. Mr M Wilson consents to the inclusion in the report of the matters based on his information in the form and context in which it appears.

About Helix Resources Limited

Helix Resource Limited (ASX:HLX) is a mineral exploration company focussed on identification, acquisition and development of mineral deposits principally in Australia. The Company has been listed on the ASX for over 20 years and comprises a skilled board and management focussed on creating shareholder wealth through a diverse range of exploration and development assets.

Helix's strategy of acquiring large tenement holdings in the frontier exploration regions of Australia, combined with the use of leading edge exploration methodologies and techniques, continues to produce success. The Company has exposure to iron ore, gold, base metals and uranium through sole-funded projects and joint ventures.

Helix most significant development asset is the Yalleen Iron Ore Project joint ventured with API Management Pty Ltd (50% Aquila Resources, 50% AMCI) situated in the Robe Valley in the West Pilbara region of Western Australia. The project has an inferred resource estimate of 112Mt @ 56% Fe with several hundred million tonnes of iron ore exploration upside. Helix is contributing 30% of funding and recognises the benefits of having a technical and well funded manager and JV partner to advance this project.

The Company also has exposure to two advanced gold projects with combined resources of over 1Moz of gold, and is carrying out green fields exploration on several of its Western Australian and South Australian gold and base metal projects.

Helix has sufficient funds to carry out its exploration and development programs, whilst maintaining a vigil to move swiftly on any acquisition opportunities that may arise in 2009.

For further information please contact:

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Michael H Wilson
Technical Director
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Corporate Directory

Directors

Greg J Wheeler	Executive Chairman
Michael Wilson	Technical Director
John denDryver	Non Executive Director
Gordon Dunbar	Non Executive Director

Company Secretaries

Greg J Wheeler
Joneen McNamara

Australian Business Number

27 009 138 738

Head and Registered Office

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Facsimile +61 8 9321 3909

Email helix@helix.net.au

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Share Registry

Advanced Share Registry

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Nedlands Western Australia 6909

Telephone +61 8 9389 8033

Facsimile +61 8 9389 7871

Appendix 5B

Mining exploration entity quarterly report

Introduced 1/7/96. Origin: Appendix 8. Amended 1/7/97, 1/7/98, 30/9/2001.

Name of entity

HELIX RESOURCES LIMITED

ABN

27 009 138 738

Quarter ended ("current quarter")

31 December 2008

Consolidated statement of cash flows

Cash flows related to operating activities		Current quarter \$A'000	Year to date 6 months \$A'000
1.1	Receipts from product sales and related debtors		
1.2	Payments for (a) exploration and evaluation (b) development (c) production (d) administration	(1,006)	(2,371)
1.3	Dividends received	(301)	(406)
1.4	Interest and other items of a similar nature received	114	330
1.5	Interest and other costs of finance paid		
1.6	Income taxes paid		
1.7	Other (provide details if material)	38	97
Net Operating Cash Flows		(1,155)	(2,350)
Cash flows related to investing activities			
1.8	Payment for purchases of: (a)prospects (b)equity investments (c) other fixed assets	(6)	(6)
1.9	Proceeds from sale of: (a)prospects (b)equity investments (c)other fixed assets		
1.10	Loans to other entities		
1.11	Loans repaid by other entities		
1.12	Other		
Net investing cash flows		(6)	(6)
1.13	Total operating and investing cash flows (carried forward)	(1,161)	(2,356)

1.13	Total operating and investing cash flows (brought forward)	(1,161)	(2,356)
	Cash flows related to financing activities		
1.14	Proceeds from issues of shares, options, etc.		
1.15	Proceeds from sale of forfeited shares		
1.16	Proceeds from borrowings		
1.17	Repayment of borrowings		
1.18	Dividends paid		
1.19	Other (Share issue costs)		
	Net financing cash flows	-	-
	Net increase (decrease) in cash held	(1,161)	(2,356)
1.20	Cash at beginning of quarter/year to date	6,285	7,480
1.21	Exchange rate adjustments to item 1.20		
1.22	Cash at end of quarter	5,124	5,124

Payments to directors of the entity and associates of the directors

Payments to related entities of the entity and associates of the related entities

	Current quarter \$A'000
1.23 Aggregate amount of payments to the parties included in item 1.2	161
1.24 Aggregate amount of loans to the parties included in item 1.10	

1.25

Explanation necessary for an understanding of the transactions

Non-cash financing and investing activities

- 2.1 Details of financing and investing transactions which have had a material effect on consolidated assets and liabilities but did not involve cash flows

- 2.2 Details of outlays made by other entities to establish or increase their share in projects in which the reporting entity has an interest

Financing facilities available

Add notes as necessary for an understanding of the position.

	Amount available \$A'000	Amount used \$A'000
3.1 Loan facilities		
3.2 Credit standby arrangements		

Estimated cash outflows for next quarter

	\$A'000
4.1 Exploration and evaluation	400
4.2 Development	
Total	400

Reconciliation of cash

Reconciliation of cash at the end of the quarter (as shown in the consolidated statement of cash flows) to the related items in the accounts is as follows.	Current quarter \$A'000	Previous quarter \$A'000
5.1 Cash on hand and at bank	19	34
5.2 Deposits at call	5,105	6,251
5.3 Bank overdraft	-	-
5.4 Other (provide details)	-	-
Total: cash at end of quarter (item 1.22)	5,124	6,285

Changes in interests in mining tenements

	Tenement reference	Nature of interest (note (2))	Interest at beginning of quarter	Interest at end of quarter
6.1 Interests in mining tenements relinquished, reduced or lapsed	E09/1281	Surrendered	100%	0%
	E09/1284	Surrendered	100%	0%
	E09/1285	Surrendered	100%	0%
	E09/1288	Surrendered	100%	0%
	E09/1289	Surrendered	100%	0%
	E09/1282	Reduced	100%	100%
	E47/1144	Reduced	100%	100%
	E47/1145	Reduced	100%	100%
6.2 Interests in mining tenements acquired or increased	E47/1775	Granted	0%	100%
	E47/1776	Granted	0%	100%

Issued and quoted securities at end of current quarter

Description includes rate of interest and any redemption or conversion rights together with prices and dates.

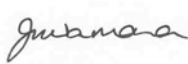
	Total number	Number quoted	Issue price per security (see note 3) (cents)	Amount paid up per security (see note 3) (cents)
7.1 Preference ⁺securities (description)				
7.2 Changes during quarter				
(a) Increases through issues				
(b) Decreases through returns of capital, buy-backs, redemptions				
7.3 *Ordinary securities	131,299,886	131,299,886		
7.4 Changes during quarter				
(a) Increases through issues	88	88		
(b) Decreases through returns of capital, buy-backs				
7.5 *Convertible debt securities (description)				
7.6 Changes during quarter				
(a) Increases through issues				
(b) Decreases through securities matured, converted				
7.7 Options (description and conversion factor)	330,000 14,028,013 275,000	Nil 14,028,013 Nil	Exercise price Various \$0.30 \$0.44	Expiry date 29 March 2009 30 June 2009 30 June 2009
7.8 Issued during quarter	17,600,000	Nil	\$0.55	30 October 2011
7.9 Exercised during quarter				
7.10 Expired during quarter	5,400,000	Nil	\$0.26	30 November 2008
7.11 Debentures (totals only)				
7.12 Unsecured notes (totals only)				

Compliance statement

1 This statement has been prepared under accounting policies which comply with accounting standards as defined in the Corporations Act or other standards acceptable to ASX (see note 4).

2 This statement does give a true and fair view of the matters disclosed.

Sign here:


Company secretary

Date: 27 January 2009.....

Print name: Joneen McNamara.

Notes

1 The quarterly report provides a basis for informing the market how the entity's activities have been financed for the past quarter and the effect on its cash position. An entity wanting to disclose additional information is encouraged to do so, in a note or notes attached to this report.

2 The "Nature of interest" (items 6.1 and 6.2) includes options in respect of interests in mining tenements acquired, exercised or lapsed during the reporting period. If the entity is involved in a joint venture agreement and there are conditions precedent which will change its percentage interest in a mining tenement, it should disclose the change of percentage interest and conditions precedent in the list required for items 6.1 and 6.2.

3 **Issued and quoted securities** The issue price and amount paid up is not required in items 7.1 and 7.3 for fully paid securities.

4 The definitions in, and provisions of, *AASB 1022: Accounting for Extractive Industries* and *AASB 1026: Statement of Cash Flows* apply to this report.

5 **Accounting Standards** ASX will accept, for example, the use of International Accounting Standards for foreign entities. If the standards used do not address a topic, the Australian standard on that topic (if any) must be complied with.