

CORPORATE DETAILS

Directors

Greg J Wheeler
FCA; SF Fin; GAICD
Executive Chairman

Michael Wilson
B Ec; B Sc (Hons); MAusMM
Executive Technical Director

Gordon Dunbar
B Sc (Hons); M Sc; FAusIMM; FAIG
Non-executive Director

John den Dryver
B E (Mining); M Sc; FAusIMM
Non-executive Director

Assets

Cash \$4.8 Million

Yalleen Iron Ore JV (30%)
84.3Mt @ 57.2% Fe

Glenburgh Gold (100%)
203,000 oz Au

Tunkillia Gold JV (48%)
800,000 oz Au

Company Information:

ASX Codes HLX/HLXOA

Shares FPO 131.3M

Options – Listed 54M
(7.5 cents expiring 31/05/2011)

Options – Unlisted 17.6M
(55 cents expiring 31/10/2011)

Share Price (26/10/09)
14 cents

Market Capitalisation
\$18 Million

Contact Details:

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Highlights

IRON ORE

- **Yalleen Iron Ore JV**- A drilling program to assess Robe Exit extensions and Bonham Mara Mamba bedded iron target has been scheduled.

GOLD

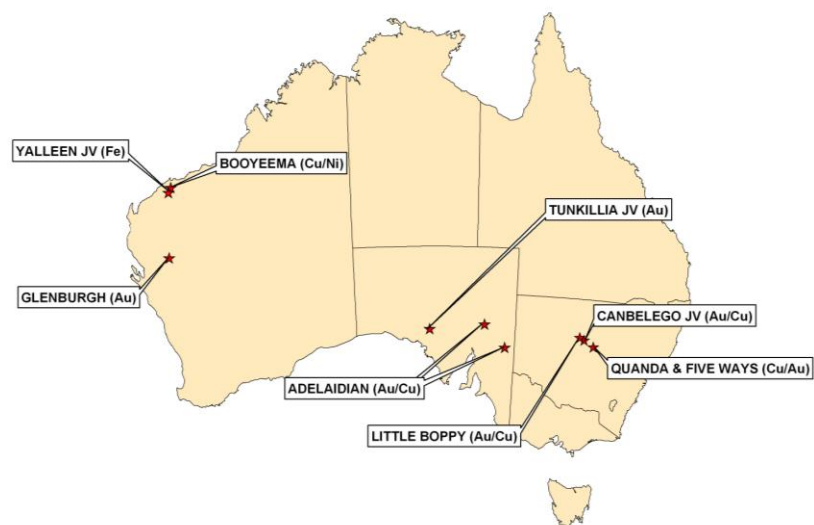
- **Glenburgh** - Asset to be sold into \$6M IPO for Gascoyne Resources Ltd along with tenements held by Giralia Resources NL. Qualifying Helix and Giralia shareholders to be offered priority entitlement over 15M shares. [Refer separate ASX announcement 15 October 2009].
- **Tunkillia Gold JV** - JV manager Minotaur has advised limited work has been completed since the revised resource estimation announced 3 August 2009 by Minotaur.

EXPLORATION ACTIVITY

- **Canbelego JV NSW** - Helix establishes an exploration presence in the Lachlan Fold belt of NSW through a JV with Straits Resources Ltd and additional 100% owned tenement applications covering 1,200 square kilometres. A series of copper and gold/base metal targets have been identified.
- **Booyeema Nickel, WA** - Planning for drilling continues and is assisted by a drilling grant from the WA government.
- **Olary - Gold, SA** - Infill soils at the Duffield Prospect and regional geochemical surveys were completed.

CORPORATE

- Project acquisition opportunities continue to be reviewed.



Project Location Map

The Helix strategy is:

- acquire large tenement holdings in the frontier exploration regions of Australia
- use of leading edge exploration methodologies and techniques under the guidance of a skilled Board and Management team
- create shareholder wealth whilst managing risks



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

- The current resource estimation for Kumina Creek and Robe Exit prospects undertaken by JV manager API is a Total Resource of 84.3Mt @ 57.2% Fe (refer to appended resources table)
- 2009/10 budget approved to advance the understanding of the “open” mineralisation at the Robe Exit Prospect area, commence drilling on the Bonham Prospect Mara Mamba bedded iron target and commence investigation of development scenarios for the Project.
- Rio Tinto withdraws their Miscellaneous licence application over the tenements.

GLENBURGH GOLD PROJECT - WESTERN AUSTRALIA

Helix Resources Limited 100% EL 09/1325, 09/1079, P09/424 426

- 2.4Mt @ 2.6 g/t Au Inferred for 203,000 oz Au (refer to appended resources table).
- As covered in the ASX release 15 October 2009, Helix and Giralia Resources NL [Giralia] will jointly sponsor the spin-off of their respective Gascoyne regional gold assets in WA into a separately funded company, Gascoyne Resources Ltd (Gascoyne Resources). It is planned to list Gascoyne Resources on the ASX in conjunction with a capital raising of \$6 million through an IPO, with eligible Helix and Giralia shareholders each being given a priority entitlement to 7.5 million Gascoyne Resources IPO shares. Giralia has agreed to underwrite the priority entitlement offer for \$3 million and Patersons will act as Lead Manager in the Public offer.

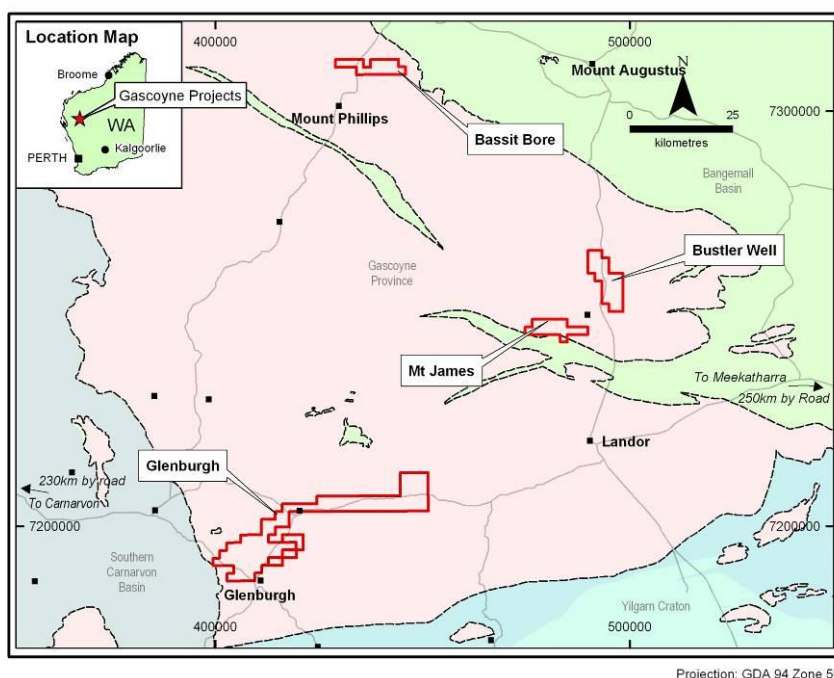


Figure 1: Location Map of Gascoyne Resources Ltd Project Portfolio

CANBELEGO JOINT VENTURE - NSW

Helix Resources Ltd earning 51% in EL 6105 by expending \$300,000 by October 2012

The Company, through its 100% owned subsidiary Oxley Exploration Pty Ltd [**Oxley**], has secured an earn-in joint venture covering the Canbelego Project with Straits Resources Limited. Oxley has the right to earn 51% of EL 6105 by spending \$300,000 over 3 years with a minimum expenditure of \$100,000 in Year 1.

The Canbelego Project covers an area of approximately 40km² and is located 45km south-east of Cobar and 5km south of the historic Mt Boppy Mine (produced ~500,000 oz at +10g/t Au) in Central West NSW. Tenement EL6105 covers a 10km long north-west trending magnetic complex with numerous historic copper workings. Previous drilling has intersected significant copper mineralisation proximal to the line of old workings including **9m @ 2.5% Cu** from 36m in CANRC001, **10m @ 2.0% Cu** from 145m in CANRC002 and **15m @ 1.1% Cu** from 140m in CANRC004.

Hole ID	Easting	Northing	Dip	Azimuth	End Depth	Comment
CANRC001	434354	6500524	-60	262	150m	Straits/Nord 1997
CANRC002	434403	6500530	-60	262	156m	Straits/Nord 1997
CANRC004	434389	6500634	-60	262	180m	Straits/Nord 1997

Coords: AMG84 Zn 55

Previous drilling provides encouragement that potentially economic mineralised systems are present in the tenement. The initial exploration focus is to assess geophysical and geochemical anomalies within the 10km strike of magnetic complex with little or no previous drilling. The Company is targeting both gold/basemetal and copper models consistent with the known deposits in the Cobar/Girilambone Region.

Helix is looking forward to working closely with Straits Resources, a major stake holder in the province, operator of the nearby Tritton Copper Mine and successful discoverer and developer of numerous +1Mt copper ore deposits in the region.

LITTLE BOPPY PROJECT - NSW

Helix Resources Ltd 100% ELA3784

The Little Boppy Project consists of an exploration licence application covering the extensions of the Canbelego JV magnetic complex and historical copper/gold workings. This project will provide additional exploration exposure in a similar setting to the Canbelego (Cu) and Mt Boppy (Au) Deposits. Upon grant the Company will utilise geochemistry and geophysics to define drill targets.

QUANDA PROJECT and FIVE WAYS PROJECT - NSW

Helix Resources Ltd 100% ELA3719 and ELA3720

The Quanda and Five Ways Projects are exploration licence applications covering the southern extensions of the Girilambone-Tritton-Budgerygar mineralised trend. The applications cover an area of approximately 1,100 square kilometres, with variable cover averaging 20-30m in thickness.

The Company has identified a series of magnetic trends that are interpreted to represent mafic intrusive bodies beneath and within the Girilambone sedimentary sequence. These intrusives are considered critical features in the mineralisation model for the region and initial exploration will be focused proximal to these features.

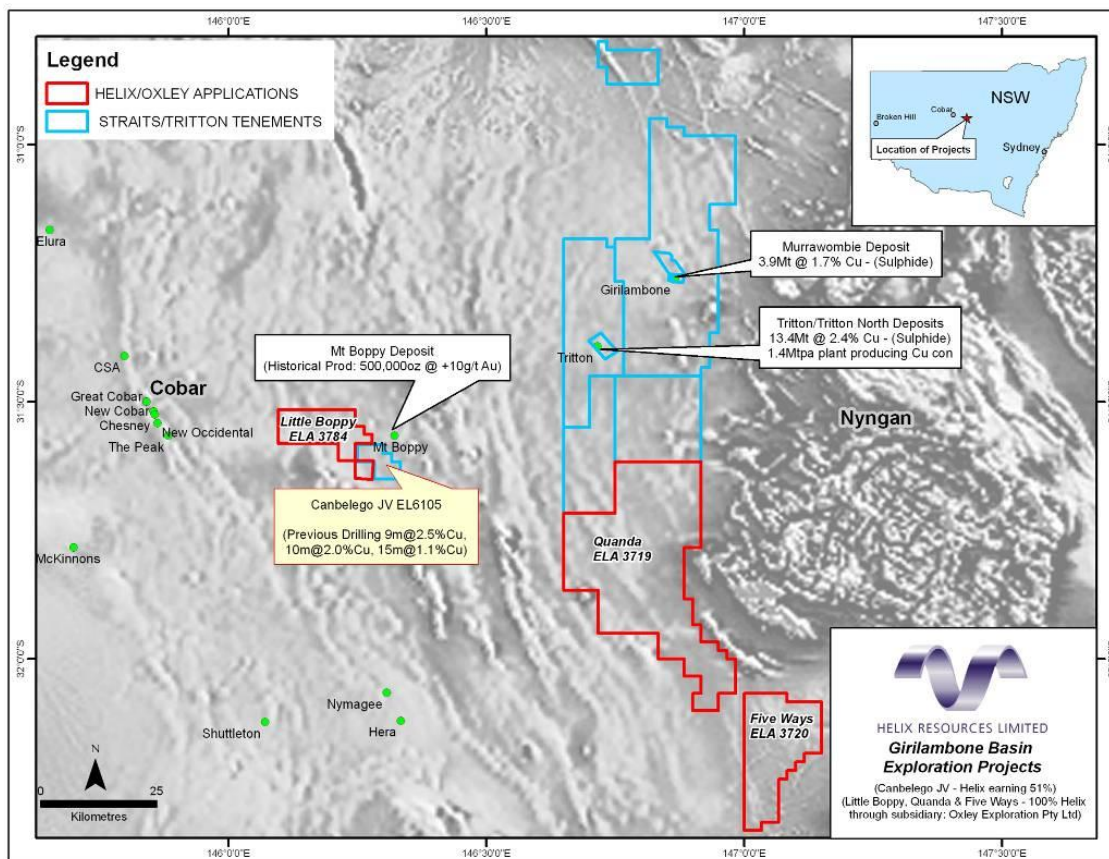


Figure 2: Location of new Helix Projects in Central NSW

LAKE EVERARD (INCL. TUNKILLIA) PROJECT - SOUTH AUSTRALIA

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

- Revised resource estimation stands at 14.3Mt @ 1.8 g/t Au Total Resources for 800,000 oz Au (refer to appended resources table)
- Minotaur advise that updated mining studies have commenced.

BOOYEEMA NICKEL JV - WESTERN AUSTRALIA

Helix Resources Limited 100% - E47/1090 and ELA47/1089

- Modeling of the VTEM survey in 2Q09 identified a conductive target coincident with a bulls-eye magnetic body. This response has been modeled at a depth of between 200-250m below cover.
- Drill target assessment and positioning completed with access logistics and approvals process commenced.

OLARY PROJECT - SOUTH AUSTRALIA

Helix Resources Limited 100% - EL4022, EL3956

Summary

- The principal Au in soils anomaly at the Duffield Prospect has been infill sampled and constrained sufficiently to allow drill targeting.
- Regional carbonate soil sampling has further outlined broad areas of Au and base metal anomalism.

ABOUT HELIX

Helix is a mineral exploration company established in 1986 with a strategy of acquiring large tenement holdings in the frontier exploration regions of Australia, using leading edge exploration methodologies and techniques under the guidance of an experienced Board & Management team to create shareholder wealth.

Resources

Commodity	Category	Project	Interest	Resource
Iron Ore	Indicated	Yalleen JV,	30%	47.9Mt @ 57.3% Fe (Channel Iron)
	Inferred	WA	(Contributing)	36.4Mt @ 57.1% Fe (Channel Iron)

Joint ventured with API Management Pty Ltd (50% Aquila Resources, 50% AMCI) and forms part of their West Pilbara Iron Ore Project which comprises multiple JV's. Significant exploration upside remains.

Gold	Inferred	Glenburgh, WA	100%	2.4Mt @ 2.6 g/t - 203,000 oz Au
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Vending into Gascoyne Resources Limited for \$6m IPO with Giralia Resources NL providing additional projects and \$3M underwriting of float.

Gold	<u>Oxide</u>	Tunkillia JV, SA	49% (Diluting)	1.2Mt @ 1.8 g/t - 66,000 oz
	Measured			2Mt @ 1.3 g/t - 86,000 oz
	Indicated			2.5 Mt @ 1g/t - 77,000 oz
	Inferred			
	<u>Primary</u>			4.2Mt @ 2 g/t - 270,000 oz
	Indicated			4.4Mt @ 2.1 g/t - 300,000 oz
	Inferred			8.6Mt @ 5.7 g/t - 1.6M oz Silver
	Inferred			
	Total			0.8M oz Au and 1.6M oz Ag

Minotaur Exploration Ltd has earned 51% and as JV Manager are assessing economic and technical viability of the project. Whilst Helix has the option to contribute at any time, Minotaur will need to expend an additional \$10 million to dilute Helix from 49% to 24%.

Details of the assumptions underlying the above estimations are contained in previous ASX releases or at www.helix.net.au

Competent Persons Statements

The information in this report that relates to the Yalleen JV Mineral Resources is based on information compiled by Mr Stuart H Tuckey. Mr Tuckey is full-time employee of the API Management Pty Ltd and has sufficient experience which is relevant to the style of mineralisation and type of deposits under consideration and to the activity which they are undertaking to qualify as Competent Persons as defined in the 2004 Edition of the 'Australasian Code of Reporting of Exploration Results, Mineral Resources and Ore Reserves'.

The information in this report that relates to Exploration Results, Mineral Resources or Ore Reserves for the Tunkillia 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 of 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.

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")

30 September 2009

Consolidated statement of cash flows

	Current quarter \$A'000	Year to date 3 months \$A'000
Cash flows related to operating activities		
1.1 Receipts from product sales and related debtors		
1.2 Payments for (a) exploration and evaluation (b) development (c) production (d) administration	(276)	(276)
1.3 Dividends received		
1.4 Interest and other items of a similar nature received	60	60
1.5 Interest and other costs of finance paid		
1.6 Income taxes paid		
1.7 Other (provide details if material)	50	50
Net Operating Cash Flows	(375)	(375)
Cash flows related to investing activities		
1.8 Payment for purchases of: (a)prospects (b)equity investments (c) other fixed assets		
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	-	-
1.13 Total operating and investing cash flows (carried forward)	(375)	(375)

1.13	Total operating and investing cash flows (brought forward)	(375)	(375)
	Cash flows related to financing activities		
1.14	Proceeds from issues of shares, options, etc.	810	810
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	810	810
	Net increase (decrease) in cash held	435	435
1.20	Cash at beginning of quarter/year to date	4,353	4,353
1.21	Exchange rate adjustments to item 1.20		
1.22	Cash at end of quarter	4,788	4,788

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	140
1.24	Aggregate amount of loans to the parties included in item 1.10	

1.25

Explanation necessary for an understanding of the transactions

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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

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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

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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	250
4.2 Development	
Total	250

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	12	50
5.2 Deposits at call	4,776	4,303
5.3 Bank overdraft	-	-
5.4 Other (provide details)	-	-
Total: cash at end of quarter (item 1.22)	4,788	4,353

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	EL 4250	Relinquished	100%	0%
6.2	Interests in mining tenements acquired or increased				

Issued and quoted securities at end of current quarter

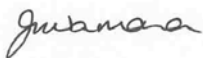
Description includes rate of interest and any redemption or conversion rights together with prices and dates.

	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 <i>(description)</i>				
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 (b) Decreases through returns of capital, buy-backs				
7.5 +Convertible debt securities <i>(description)</i>				
7.6 Changes during quarter (a) Increases through issues (b) Decreases through securities matured, converted				
7.7 Options <i>(description and conversion factor)</i>	17,600,000	Nil	<i>Exercise price</i> \$0.55	<i>Expiry date</i> 30 October 2011
7.8 Issued during quarter	53,999,168	53,999,168	\$0.075	31 May 2011
7.9 Exercised during quarter				
7.10 Expired during quarter				
7.11 Debentures <i>(totals only)</i>				
7.12 Unsecured notes <i>(totals only)</i>				

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:

Date: 28 October 2009

Company secretary

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.