

AMARC RESOURCES LTD
Form 6-K
December 10, 2009

**UNITED STATES
SECURITIES AND EXCHANGE COMMISSION**
Washington, DC 20549

FORM 6-K

Report of Foreign Private Issuer

Pursuant to Rule 13a-16 or 15d-16
of the Securities Exchange Act of 1934

CIK # 1175596

As at December 8, 2009

AMARC RESOURCES LTD.

**800 West Pender Street, Suite 1020
Vancouver, British Columbia
Canada V6C 2V6**

(address of principal executive offices)

Indicate by check mark whether the registrant files or will file annual reports under cover Form 20-F or Form 40-F.

Form 20-F...X.... Form 40-F.....

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(1): ____

Note: Regulation S-T Rule 101(b)(1) only permits the submission in paper of a Form 6-K if submitted solely to provide an attached annual report to security holders.

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(7): ____

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Indicate by check mark whether by furnishing the information contained in this Form, the registrant is also thereby furnishing the information to the Commission pursuant to Rule 12g3-2(b) under the Securities Exchange Act of 1934.

Yes No

If "Yes" is marked, indicate below the file number assigned to the registrant in connection with Rule 12g3-2(b): 82-

Signatures

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

By: /s/ Ronald W. Thiessen
President & CEO

Date: December 9, 2009

Print the name and title of the signing officer under his signature

Ste. 1020 - 800 West Pender Street
Vancouver , BC V6C 2V6
Tel: 604-684-6365
Fax: 604-684-8092
www.amarcresources.com

**AMARC MAKES IMPORTANT NEW GOLD DISCOVERY
IN SOUTH-CENTRAL BRITISH COLUMBIA**

December 8, 2009, Vancouver, BC - Amarc Resources Ltd. ("Amarc" or the "Company") (TSX-V: AHR, OTCBB: AXREF) announces a significant new gold discovery at its Newton Project located within the Chilcotin region of south-central British Columbia (BC). Assay results from the first seven holes of an initial 14-hole diamond drill program have been received and they host significant concentrations of bulk tonnage-style gold, silver, copper and zinc. These results indicate that the Newton property may host both a previously unrecognized gold district and a new deposit type in BC. The remaining seven holes drilled in the initial program are in for assay and results will be reported when they are received.

"Through careful examination of historical drill core and remodelling of both existing geological data and information received from the recent drill campaign, Amarc's technical team has made an important new gold discovery in the province of British Columbia," said Amarc Chairman Bob Dickinson. "The grade and continuity of mineralization as it is known today indicates that Newton represents a major gold mineralized system that could host an important open-pit style deposit. Dickinson said, "Amarc is planning an expanded drill program at Newton to begin as early as

possible in 2010, with the goal of delineating Newton's bulk tonnage-style gold mineralization".

Historical drilling at the Newton property tested for porphyry-style copper mineralization with low grade copper results. However, Amarc's examination of the historical drill core and gold analyses revealed an extensive area characterized by geologically significant concentrations of gold with anomalous silver, copper and zinc. In addition, four historical drill holes (06-12, 06-03, 92-04 and 06-11) positioned on the easternmost side of all the historical drilling, intercepted 105 metres of 1.15 g/t gold (including 41 metres at 2.49 g/t gold), 95 metres of 0.52 g/t gold, 60 metres of 0.69 g/t gold and 46 metres of 0.54 g/t gold, respectively (see maps at www.amarcresources.com). These historical holes indicated a compelling drill target; an open ended, large-scale gold system.

Significant assay intervals from Amarc's first seven drill holes, representing continuous intersections of bulk tonnage-style, gold, silver, copper and zinc mineralization, are listed in the Table of Assay Results below.

**AMARC RESOURCES LIMITED - NEWTON PROJECT
TABLE OF ASSAY RESULTS**

Drill Hole ID	Incl.	Hole Dip (degrees)	Hole Direction (degrees)	From (m)	To (m)	Int. (m)	Int. (ft)	Au (g/t)	Ag (g/t)	Cu (%)	Zn (%)	AuEQ ¹ (g/t)
9001		-45	90	3.0	39.0	36.0	118	0.60	0.9	0.01	0.00	0.63
9001		-45	90	228.0	297.0	69.0	226	1.41	10.9	0.12	0.05	1.85
9001	incl.	-45	90	233.1	234.0	0.9	3	11.19	22.2	0.21	0.87	12.49
9001	incl.	-45	90	252.8	297.0	44.2	145	1.74	15.9	0.17	0.02	2.34
9001		-45	90	441.0	477.0	36.0	118	0.34	0.6	0.03	0.01	0.42
9002		-90	0	222.0	255.2	33.2	109	0.96	2.8	0.07	0.01	1.16
9002	incl.	-90	0	234.0	252.0	18.0	59	1.10	3.3	0.09	0.01	1.33
9003		-90	0	3.0	224.5	221.5	727	0.60	5.6	0.07	0.08	0.87
9003	incl.	-90	0	18.0	39.0	21.0	69	0.71	2.3	0.01	0.00	0.77
9003	incl.	-90	0	96.0	224.5	128.5	421	0.84	8.9	0.10	0.13	1.26
9003	and	-90	0	156.0	198.0	42.0	138	1.25	16.8	0.20	0.11	1.98
9004		-90	0	6.0	195.0	189.0	620	1.56	7.9	0.08	0.17	1.95
9004	incl.	-90	0	54.0	195.0	141.0	463	2.01	10.0	0.10	0.22	2.49
9004	and	-90	0	96.0	195.0	99.0	325	2.76	12.2	0.12	0.26	3.36
9004	and	-90	0	126.0	195.0	69.0	226	3.79	9.1	0.08	0.30	4.26
9004	and	-90	0	129.0	132.0	3.0	10	13.47	14.4	0.17	0.12	14.10

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9004	and	-90	0	168.9	195.0	26.1	86	5.54	12.5	0.07	0.31	6.08
9005		-90	0	12.0	27.0	15.0	49	0.32	1.4	0.04	0.02	0.43
9005		-90	0	41.0	54.0	13.0	43	0.44	4.4	0.06	0.30	0.81
9005		-90	0	76.0	163.2	87.2	286	0.50	7.1	0.03	0.55	1.01
9005	incl.	-90	0	88.0	89.0	1.0	3	16.56	221.6	0.30	2.55	22.38
9005		-90	0	279.0	303.0	24.0	79	0.34	0.8	0.07	0.01	0.48
9006		-90	0	9.0	306.5	297.5	976	0.26	2.3	0.03	0.13	0.44
9006	incl.	-90	0	78.0	192.2	114.2	375	0.32	3.7	0.03	0.25	0.60
9006	incl.	-90	0	264.0	306.5							