



CONSOLIDATED FINANCIAL STATEMENTS

THREE AND NINE MONTHS ENDED DECEMBER 31, 2008

(Expressed in Canadian Dollars)

(Unaudited)

These financial statements have not been reviewed by the Company's auditors

AMARC RESOURCES LTD.

Consolidated Balance Sheets

(Expressed in Canadian Dollars)

	December 31, 2008 (Unaudited)	March 31, 2008
ASSETS		
Current assets		
Cash and cash equivalents	\$ 1,330,752	\$ 7,713,995
Amounts receivable and prepaid expenses	637,341	249,252
Balance due from a related party (note 7)	56,775	—
	<u>2,024,868</u>	<u>7,963,247</u>
Equipment (note 4)	59,648	20,369
Mineral property interests (note 5)	4	4
	<u>\$ 2,084,520</u>	<u>\$ 7,983,620</u>
LIABILITIES AND SHAREHOLDERS' EQUITY		
Current liabilities		
Accounts payable and accrued liabilities	\$ 131,616	\$ 44,377
Balance due to a related party (note 7)	—	180,767
	<u>131,616</u>	<u>225,144</u>
Shareholders' equity		
Share capital (note 6(a) and (b))	31,247,065	30,747,065
Contributed surplus	1,674,668	1,469,931
Deficit	(30,968,829)	(24,458,520)
	<u>1,952,904</u>	<u>7,758,476</u>
Nature and continuance of operations (note 1)		
Commitments (note 6(b))		
Subsequent events (note 8)		
	<u>\$ 2,084,520</u>	<u>\$ 7,983,620</u>

The accompanying notes are an integral part of these consolidated financial statements.

Approved by the Board of Directors

/s/ Ronald W. Thiessen

Ronald W. Thiessen
Director

/s/ Robert A. Dickinson

Robert A. Dickinson
Director

AMARC RESOURCES LTD.

Consolidated Statements of Operations and Deficit

(Unaudited - Expressed in Canadian Dollars)

	Three months ended		Nine months ended	
	December 31		December 31	
	2008	2007	2008	2007
Expenses				
Amortization	\$ 5,557	\$ 1,273	\$ 16,146	\$ 3,819
Conference and travel	8,118	3,720	43,841	7,806
Exploration (schedule)	1,514,785	442,915	5,753,322	2,577,611
Exploration - stock-based compensation (note 6(c))	1,603	–	83,917	–
Legal, accounting, and audit	1,905	21,009	6,063	27,869
Management and consulting	16,675	18,136	56,964	48,795
Office and administration	39,336	36,958	143,485	134,756
Property investigation	–	857	711	2,221
Salaries and benefits	106,679	78,199	305,900	200,715
Shareholder communication	44,140	20,987	201,276	52,868
Stock-based compensation (note 6(c))	9,318	–	120,820	–
Trust and filing	8,950	6,481	15,764	15,580
	<u>1,757,066</u>	<u>630,535</u>	<u>6,748,209</u>	<u>3,072,040</u>
Other items				
Foreign exchange (gain) loss	(176,633)	941	(212,520)	172,407
Gain on sale of marketable securities (note 7(b))	–	–	–	(68,992)
Gain on sale of equipment (note 7(c))	–	–	(14,007)	–
Interest income and other	(9,134)	(63,816)	(76,659)	(265,425)
Interest on flow-through shares	65,286	–	65,286	–
	<u>(120,481)</u>	<u>(62,875)</u>	<u>(237,900)</u>	<u>(162,010)</u>
Loss for the period	\$ 1,636,585	\$ 567,660	\$ 6,510,309	\$ 2,910,030
Deficit, beginning of period	\$ 29,332,243	\$ 23,234,590	\$ 24,458,520	\$ 20,892,220
Deficit, end of period	\$ 30,968,829	\$ 23,802,250	\$ 30,968,829	\$ 23,802,250
Basic and diluted loss per share	\$ 0.02	\$ 0.01	\$ 0.10	\$ 0.05
Weighted average number of common shares outstanding	67,848,169	63,299,473	67,775,837	63,151,837

The accompanying notes are an integral part of these consolidated financial statements.

AMARC RESOURCES LTD.
Consolidated Statements of Shareholders' Equity
(Expressed in Canadian Dollars)

	Nine months ended		Year ended	
	December 31, 2008		March 31, 2008	
	<i>(unaudited)</i>			
Share capital	<u>Number of shares</u>		<u>Number of shares</u>	
Balance at beginning of the period	67,739,473	\$ 30,747,065	62,949,473	\$ 27,287,248
Exercise of share purchase warrants at \$0.55 per share	–	–	4,790,000	2,634,500
Fair value of warrants allocated to shares issued on exercise	–	–	–	825,317
Private placement at \$0.10 per share (note 6(b))	5,000,000	500,000	–	–
Balance at end of the period	72,739,473	\$ 31,247,065	67,739,473	\$ 30,747,065
Contributed surplus				
Balance at beginning of the period		\$ 1,469,931		\$ 2,295,248
Fair value of warrants allocated to shares issued on exercise		–		(825,317)
Stock-based compensation		204,737		–
Balance at end of the period		\$ 1,674,668		\$ 1,469,931
Deficit				
Balance at beginning of the period		\$ (24,458,520)		\$ (20,892,220)
Loss for the period		(6,510,309)		(3,566,300)
Balance at end of the period		\$ (30,968,829)		\$ (24,458,520)
TOTAL SHAREHOLDERS' EQUITY		\$ 1,952,904		\$ 7,758,476

The accompanying notes are an integral part of these consolidated financial statements.

AMARC RESOURCES LTD.

Consolidated Statements of Cash Flows

(Unaudited - Expressed in Canadian Dollars)

Cash provided by (used in)	Three months ended		Nine months ended	
	December 31		December 31	
	2008	2007	2008	2007
Operating activities				
Loss for the period	\$ (1,636,585)	\$ (567,660)	\$ (6,510,309)	\$ (2,910,030)
Items not involving cash				
Amortization	5,557	1,273	16,146	3,819
Gain on sale of equipment	–	–	(14,007)	–
Gain on sale of marketable securities	–	–	–	(68,992)
Non-cash interest income (note 7(b))	–	–	–	(53,629)
Stock-based compensation	10,921	–	204,737	–
Changes in non-cash working capital items				
Amounts receivable and prepaid expenses	(65,610)	(21,021)	(388,089)	(115,388)
Balances receivable from and payable to related parties	(241,939)	192,799	(212,543)	(296,061)
Accounts payable and accrued liabilities	(686,458)	(343,246)	62,239	(38,189)
Cash used in operating activities	(2,614,114)	(737,855)	(6,841,826)	(3,478,470)
Investing activities				
Loan to a related party (note 7(b))	–	–	–	5,500,000
Proceeds on sale of equipment (note 7(c))	–	–	32,679	–
Proceeds on sale of marketable securities	–	–	–	315,499
Purchase of equipment	–	–	(74,097)	–
Cash provided by (used for) investing activities	–	–	(41,418)	5,815,499
Financing activities				
Issuance of share capital, net of costs	500,000	–	500,000	192,501
Cash provided by financing activities	500,000	–	500,000	192,501
Increase (decrease) in cash and cash equivalents	(2,114,114)	(737,855)	(6,383,244)	2,529,530
Cash and cash equivalents, beginning of period	3,444,866	6,183,579	7,713,995	2,916,194
Cash and cash equivalents, end of period	\$ 1,330,752	\$ 5,445,724	\$ 1,330,752	\$ 5,445,724
Components of cash and cash equivalents are as follows:				
Cash	\$ 803,975	\$ 72,368	\$ 803,975	\$ 72,368
Bankers acceptances	101,852	5,373,356	101,852	5,373,356
Treasury bills	424,925	–	424,925	–
	\$ 1,330,752	\$ 5,445,724	\$ 1,330,752	\$ 5,445,724
Supplementary cash flow information:				
Interest paid	\$ 65,286	\$ –	\$ 65,286	\$ –
Interest received	\$ 9,134	\$ 63,816	\$ 76,659	\$ 265,425
Income taxes paid	\$ –	\$ –	\$ –	\$ –
Non-cash investing and financing activities:				
Receipt of common shares of Rockwell Diamonds Inc. representing payment of loan interest (note 7(b))	\$ –	\$ –	\$ –	\$ 246,506
Fair value of share warrants transferred to share capital on warrants exercised from contributed surplus	\$ –	\$ –	\$ –	\$ 60,305

The accompanying notes are an integral part of these consolidated financial statements.

AMARC RESOURCES LTD.

Consolidated Schedules of Exploration Expenses

(Unaudited - Expressed in Canadian Dollars)

British Columbia, Canada Properties	Three months ended December 31		Nine months ended December 31	
	2008	2007	2008	2007
Exploration Cost				
Assays and analysis	\$ 194,444	\$ 110,634	\$ 588,445	\$ 211,905
Drilling	210,800	–	806,507	–
Engineering	49,391	–	370,280	4,893
Equipment rental	31,231	14,249	118,481	80,568
Environmental	–	–	15,475	–
Freight	–	3,802	6,668	18,582
Geological	601,181	234,096	2,310,019	1,402,164
Graphics	204	7,552	18,338	15,360
Helicopter	171,624	13,963	600,495	391,877
Property fees and assessments	41,139	30,563	60,504	56,109
Property option payments	–	–	10,000	10,000
Site activities	79,413	15,292	488,538	352,069
Socioeconomic	–	–	2,730	–
Travel and accommodation	135,358	12,764	356,842	34,084
Incurred during period	1,514,785	442,915	5,753,322	2,577,611
Cumulative expenditures, beginning of period	21,688,111	15,484,271	17,449,574	13,349,575
Cumulative expenditures, end of period	\$ 23,202,896	\$ 15,927,186	\$ 23,202,896	\$ 15,927,186

The accompanying notes are an integral part of these consolidated financial statements.

AMARC RESOURCES LTD.

Notes to the Consolidated Financial Statements

For the three and nine months ended December 31, 2008

(Unaudited - Expressed in Canadian Dollars)

1. NATURE AND CONTINUANCE OF OPERATIONS

Amarc Resources Ltd. (the "Company") is incorporated under the laws of the province of British Columbia, and its principal business activity is the acquisition and exploration of mineral properties. Its principal mineral property interests are located in British Columbia.

Operating results for the nine months ended December 31, 2008 are not necessarily indicative of the results that may be expected for the full fiscal year ending March 31, 2009.

These consolidated financial statements are prepared on the basis that the Company will continue as a going concern. The Company has sufficient working capital to meet property expenditure and option payment commitments required to maintain its mineral properties in good standing for fiscal 2009. Management recognizes that the Company will need to generate additional financial resources in order to meet its medium and long term business objectives. However, there can be no assurances that the Company will continue to obtain additional financial resources and/or achieve profitability or positive cash flows. If the Company is unable to obtain adequate additional financing, the Company will be required to curtail operations and exploration activities.

2. BASIS OF PRESENTATION AND PRINCIPLES OF CONSOLIDATION

These interim consolidated financial statements are prepared in accordance with Canadian generally accepted accounting principles and are presented in Canadian dollars. They do not include all the disclosures required for annual financial statements under generally accepted accounting principles. However, these interim consolidated financial statements follow the same accounting policies and methods of application as the Company's most recent annual financial statements. These interim consolidated financial statements should be read in conjunction with the Company's annual consolidated financial statements for the year ended March 31, 2008, which are available on SEDAR at www.sedar.com.

These consolidated financial statements include the accounts of the Company and its wholly owned subsidiaries, Compania Minera Amarc SA de CV and Amarc Exploraciones Mineras SA de CV, both of which are incorporated in Mexico. Also included are the accounts of the Precious Exploration Limited Partnership, which is subject to the Company's control and primary beneficial ownership.

All material inter-company balances and transactions have been eliminated.

AMARC RESOURCES LTD.

Notes to the Consolidated Financial Statements

For the three and nine months ended December 31, 2008

(Unaudited - Expressed in Canadian Dollars)

3. CHANGES IN ACCOUNTING POLICIES

(a) *Newly Adopted Accounting Policies*

Effective April 1, 2008, the Company adopted the following new accounting standards issued by the Canadian Institute of Chartered Accountants ("CICA") relating to financial instruments. As required by the transitional provisions of these new standards, these new standards have been adopted on a prospective basis with no restatement to prior period financial statements.

(i) *Section 1535 – Capital Disclosures*

This standard requires disclosure of an entity's objectives, policies and processes for managing capital, quantitative data about what the entity regards as capital and whether the entity has complied with any capital requirements and, if it has not complied, the consequences of such non-compliance.

The Company's objective when managing capital is to safeguard the Company's ability to continue as a going concern, so that it can continue to explore and develop its projects for the benefit of its shareholders and other stakeholders. The Company considers the components of shareholders' equity, as well as its cash and equivalents and debt (if any), as capital. The Company manages the capital structure and makes adjustments to it in the light of changes in economic conditions and the risk characteristics of the underlying assets. Since the Company is in the exploration stage, the Company may issue new shares through private placements in order to maintain or adjust the capital structure.

In order to facilitate the management of its capital requirements, the Company prepares annual expenditure budgets that are updated as necessary depending on various factors, including successful capital deployment and general industry conditions. The Company's cash resources at December 31, 2008 are sufficient for its present needs, specifically to continue planned exploration and administrative operations over at least the next twelve months.

There were no changes to the Company's approach to capital management during the nine months ended December 31, 2008. The Company is not subject to any externally imposed capital requirements as at December 31, 2008.

(ii) *Amendments to Section 1400 – Going Concern*

CICA Handbook Section 1400, *General Standards of Financial Statement Presentation*, was amended to include requirements to assess and disclose an entity's ability to continue as a going concern.

AMARC RESOURCES LTD.

Notes to the Consolidated Financial Statements

For the three and nine months ended December 31, 2008

(Unaudited - Expressed in Canadian Dollars)

(b) Accounting Standards Not Yet Adopted

(i) International Financial Reporting Standards ("IFRS")

In 2006, the Canadian Accounting Standards Board ("AcSB") published a new strategic plan that will significantly affect financial reporting requirements for Canadian companies. The AcSB strategic plan outlines the convergence of Canadian GAAP with IFRS over an expected five year transitional period. In February 2008, the AcSB announced that 2011 is the changeover date for publicly-listed companies to use IFRS. The date is for interim and annual financial statements relating to fiscal years beginning on or after January 1, 2011, although early adoption may be permitted. Due to the Company's March 31 fiscal year, the transition date for the Company is April 1, 2011. Therefore, the IFRS adoption will require the restatement for comparative purposes of amounts reported by the Company for the year ended March 31, 2011. While the Company has begun assessing the adoption of IFRS for 2011, the financial reporting impact of the transition to IFRS cannot be reasonably estimated at this time.

(ii) Section 3064 – Goodwill and Intangibles

The AcSB issued CICA Handbook Section 3064 which replaces Section 3062, *Goodwill and Other Intangible Assets*, and Section 3450, *Research and Development Costs*. This new section establishes standards for the recognition, measurement, presentation and disclosure of goodwill subsequent to its initial recognition and of intangible assets. Standards concerning goodwill remain unchanged from the standards included in the previous Section 3062. The section applies to interim and annual financial statements issued on or after January 1, 2009. Section 3064 is not expected to have a significant impact on the Company's financial statements.

4. EQUIPMENT

	Cost	Accumulated Amortization	Net Book Value
December 31, 2008			
Site equipment	\$ 44,056	\$ 9,264	\$ 34,792
Computers	30,607	5,751	24,856
Total	\$ 74,663	\$ 15,015	\$ 59,648
March 31, 2008			
Site equipment	\$ 77,551	\$ 57,182	\$ 20,369
Computers	—	—	—
Total	\$ 77,551	\$ 57,182	\$ 20,369

AMARC RESOURCES LTD.

Notes to the Consolidated Financial Statements

For the three and nine months ended December 31, 2008

(Unaudited - Expressed in Canadian Dollars)

5. MINERAL PROPERTY INTERESTS

The Company has recorded the following interests in royalties in currently non-producing mineral properties at a nominal value on the consolidated balance sheets:

	December 31, 2008	March 31, 2008
British Columbia, Canada		
Iskut (note (5)(a)(ix))	\$ 1	\$ 1
Witch (note (5)(a)(ix))	1	1
Other		
Ana, Yukon Territory (note (5)(b))	1	1
Mann Lake, Saskatchewan (note (5)(b))	1	1
Total	\$ 4	\$ 4

(a) *British Columbia, Canada*

(i) *Peak Property*

The Company entered into this agreement in July 2008 with a private arm's-length company for an exclusive option to acquire, over up to a three year period, the right to earn an undivided 100% interest in the Peak property. On October 31, 2008, the Company terminated the option agreement for the acquisition of the Peak property.

During the nine month period ended December 31, 2008, the Company paid \$5,000 in property option payments for the Peak property and recorded the payments as a property option expense.

(ii) *Pond Property*

In April 2008, the Company entered into an agreement with a private arm's-length company for an exclusive option whereby the Company may acquire, over up to a four year period, the right to earn an undivided 100% interest in the Pond property, subject to a 2% NSR, which the Company may acquire for \$2,000,000. The agreement is subject to certain conditions, including acceptance by the TSX Venture Exchange (the "Effective Date"). Consideration for acquiring the 100% undivided interest in the Pond property is to consist of staged payments totaling \$215,000 and the incurring of expenditures totaling \$225,000 on the property from the date of signing the letter agreement until the fourth anniversary of the Effective Date.

During the nine month period ended December 31, 2008, the Company paid \$5,000 in property option payments for the Pond property and recorded the payments as a property option expense.

AMARC RESOURCES LTD.

Notes to the Consolidated Financial Statements

For the three and nine months ended December 31, 2008

(Unaudited - Expressed in Canadian Dollars)

(iii) *Bodine Property, British Columbia*

In November 2006, the Company reached an option agreement with an arm's length party to acquire a 100% undivided interest in the Bodine property ("Bodine"). Located approximately 110 kilometers northeast of Smithers, in the Omineca Mining Division in central British Columbia, the Bodine Property covers approximately 580 square kilometers.

The Company can acquire its interest in Bodine by making staged cash payments totaling \$225,000 and expending \$2,000,000 on the property over four years. Bodine is subject to a 3% NSR, 2% of which may be purchased at the Company's sole discretion for \$2,000,000 with the remaining 1% subject to a right of first refusal in favor of the Company. Annual advance royalty payments of \$50,000 will be payable beginning from the fifth year of the agreement to the fifteenth year of the agreement.

During the nine month period ended December 31, 2008, the Company paid \$50,000 in property option payments for Bodine and recorded the payments as a property option expense.

(iv) *Iskut Properties*

The Company registered for acquisition a total of 5,175 hectares in five properties in the Iskut River area of northwestern British Columbia during the period August 2005 to March 2006. These properties comprised the AA, MEZ, TRI A, Copper 152 and Copper 246 properties.

The Company also entered into a Letter Agreement in May 2006 with an arm's length party giving the Company the right to explore the 2,302 hectare SEDEX property that adjoins the AA property, and the right to enter into a formal option agreement on or before December 31, 2006 to purchase the SEDEX property by paying the arm's length party \$100,000 and 265,000 shares of the Company in stages to December 31, 2010. The purchase was subject to a 1.5% NSR in favor of the arm's length party, 0.5% of which could be purchased by the Company for \$1,000,000. Advance royalty payments of \$20,000 annually were payable to the arm's length party commencing on or before December 31, 2011.

(v) *Sitlika Properties*

In addition to the Bodine Property (note 5(a)(iii)), beginning December 2006, the Company has acquired by staking claims, 100% interests in seven mineral properties located in the Omineca, Cariboo and Clinton Mining Divisions of British Columbia, ranging in location from approximately 110 kilometers northeast of Smithers to approximately 35 kilometres southwest of Williams Lake. As of December 31, 2008, these

AMARC RESOURCES LTD.

Notes to the Consolidated Financial Statements

For the three and nine months ended December 31, 2008

(Unaudited - Expressed in Canadian Dollars)

properties included the Aspira, Equus, Huge East, Megamine, Myway, Polymac and Polymet claims and in total comprised 1007 square kilometers.

(vi) *Pinchi Properties*

As at December 31, 2008, the Company held a 100% interest in approximately 262 square kilometers of mineral property located in Omineca Mining Division of British Columbia. These properties are comprised of the Grand, Grand North, and Petite.

(vii) *Carbonate Zinc Properties*

As at December 31, 2008, the Company held a 100% interest in approximately 210 square kilometers along a belt located approximately 130 kilometers north-northwest of McKenzie, BC.

(viii) *Rapid Property*

In April 2008, the Company acquired by staking claims the Rapid Property, which covers approximately 383 square kilometers, and is located 27 kilometers northeast of the Aspira Property (part of the Sitlika Properties) and 36 kilometers northwest of the town of Fort St. James.

(ix) *Other Properties*

During the year ended March 31, 2007, the Company sold a 100% interest in three of the Chona claims, which were part of the Witch property, for proceeds of \$500, subject to a 2.5% NSR. The purchaser may acquire this royalty from the Company for the sum of \$1,000,000 per one-percent royalty. This royalty has been recorded at a nominal value of \$1.

In December 2006, the Company sold the AA property (part of the original Iskut properties) to an arm's length party. The Company retains a 1.5% NSR on production from the property, 0.5% of which can be purchased by the arm's length party for \$1,000,000. This royalty has been recorded at a nominal value of \$1.

(b) *Yukon Territory and Saskatchewan*

The Company has a 5% net profits interest ("NPI") in the 46 mineral claims comprising the Ana Property in the Yukon, and a 2.5% NPI in a mineral lease comprising the Mann Lake Property in Saskatchewan. These net profit interests have been recorded at a nominal value of \$1 each. The Company has neither active exploration programs nor does it plan to undertake any new programs on these properties at the present time.

AMARC RESOURCES LTD.

Notes to the Consolidated Financial Statements

For the three and nine months ended December 31, 2008

(Unaudited - Expressed in Canadian Dollars)

6. SHARE CAPITAL

(a) *Authorized share capital*

The Company's authorized share capital consists of an unlimited number of common shares without par value.

(b) *Issued and outstanding common shares*

The Company had 72,739,473 common shares issued and outstanding as at December 31, 2008 (March 31, 2008 – 67,739,473 common shares).

During the year ended March 31, 2008, the Company issued 4,440,000 flow-through common shares for proceeds of \$2,442,000 pursuant to the exercise of share warrants. In accordance with certain provisions of the *Income Tax Act (Canada)* and the flow-through share agreements, the Company has spent the total proceeds from this flow-through share issuance on eligible exploration expenses prior to December 31, 2008. In December 2008, the Company renounced those expenses to the investors.

In December 2008, the Company arranged a private placement of 5,000,000 units (the "Units") at a price of \$0.10 per Unit. Each Unit comprised one flow-through common share and one non-flow-through warrant. Each warrant is exercisable to purchase one additional common share at a price of \$0.10 for a 24 month period. In accordance with the terms of flow-through share agreements, the Company is obligated to spend the proceeds from the flow-through shares on eligible exploration activities by December 31, 2009. The Company renounced to the investors the eligible exploration expenses to be incurred with the proceeds from this flow-through share issuance using the look-back rule of the *Income Tax Act (Canada)*. Under look-back rule, the Company is subject to a tax on the portion of proceeds unspent after February 2009.

(c) *Share purchase option compensation plan*

The Company has a share purchase option compensation plan approved by the shareholders that allows the Company to grant up to 10% of the issued and outstanding shares of the Company at any one time, typically vesting over up to two years, subject to regulatory terms and approval, to its directors, employees, officers, and consultants. The exercise price of each option may be set equal to or greater than the closing market price of the common shares on the TSX Venture Exchange on the day prior to the date of the grant of the option, less any allowable discounts. Options have a maximum term of five years and terminate 30 days following the termination of the optionee's employment, except in the case of retirement or death.

On July 17, 2008, the Company granted 1,828,200 options expiring July 19, 2011, at an exercise price of \$0.70 to directors, employees and consultants. As at December 31, 2008, 546,060 options were vested (March 31, 2008 – nil).

The continuity of share purchase options for the period ended December 31, 2008 was:

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Notes to the Consolidated Financial Statements

For the three and nine months ended December 31, 2008

(Unaudited - Expressed in Canadian Dollars)

Expiry date	Exercise price	March 31 2008	Granted	Exercised	Expired/ Cancelled	December 31, 2008
July 19, 2011	\$ 0.70	–	1,828,200	–	(49,300)	1,778,900
Weighted average exercise price		\$ –	\$ 0.70	\$ –	\$ 0.70	\$.070

Using an option pricing model with the assumptions noted below, the estimated fair value of all options granted or vesting during the three and nine months ended December 31, 2008, and which have been reflected in the consolidated statements of operations, is as follows:

Transactions	Three months ended December 31		Nine months ended December 31	
	2008	2007	2008	2007
Exploration				
Engineering	\$ 4,149	\$ –	\$ 14,782	\$ –
Environmental, socioeconomic and land	(389)	–	3,304	–
Geological	(2,157)	–	65,831	–
Exploration	1,603	–	83,917	–
Operations and administration	9,318	–	120,820	–
Total compensation cost recognized in operations, credited to contributed surplus	\$ 10,921	\$ –	\$ 204,737	\$ –

The assumptions used to estimate the fair value of options vesting during the respective periods were as follows:

	Three months ended December 31		Nine months ended December 31	
	2008	2007	2008	2007
Risk free interest rate	2.24%	–	2.24%	–
Expected life	3 years	–	3 years	–
Expected volatility	80%	–	80%	–
Expected dividends	nil	–	nil	–

AMARC RESOURCES LTD.

Notes to the Consolidated Financial Statements

For the three and nine months ended December 31, 2008

(Unaudited - Expressed in Canadian Dollars)

(d) *Share purchase warrants*

The continuity of share purchase warrants (each warrant redeemable for one common share) for the nine month period ended December 31, 2008 was:

Expiry date	Exercise Price	March 31 2008	Issued	Exercised	Expired/ Cancelled	December 31, 2008
January 17, 2009	\$ 0.55	5,700,000	–	–	–	5,700,000
February 9, 2011	\$ 0.10	–	5,000,000	–	–	5,000,000
Total	\$ 0.10	5,700,000	5,000,000	–	–	10,700,000
Weighted average exercise price		\$ 0.55	\$ –	\$ –	\$ –	\$ 0.34

The continuity of share purchase warrants for the year ended March 31, 2008 was:

Expiry date	Exercise Price	March 31 2007	Issued	Exercised	Expired/ Cancelled	March 31 2008
January 17, 2009	\$ 0.55	10,490,000	–	4,790,000	–	5,700,000
Weighted average exercise price		\$ 0.55	\$ –	\$ 0.55	\$ –	\$ 0.55

7. RELATED PARTY BALANCES AND TRANSACTIONS

Balances receivable (payable)	December 31, 2008	March 31, 2008
Hunter Dickinson Services Inc. (a)	\$ 13,633	\$ (180,767)
Farallon Minera Mexicana S.A. de C.V. (c)	43,142	–
Total	\$ 56,775	\$ (180,767)

Transactions	Three months ended December 31		Nine months ended December 31	
	2008	2007	2008	2007
Services rendered and expenses reimbursed:				
Hunter Dickinson Services Inc. (a)	\$ 601,833	\$ 322,997	\$ 2,600,562	\$ 1,267,829
Rockwell Diamonds Inc. (b)	–	–	–	53,629
Sale of equipment:				
Farallon Minera Mexicana S.A. de C.V. (c)	–	–	32,679	–

AMARC RESOURCES LTD.

Notes to the Consolidated Financial Statements

For the three and nine months ended December 31, 2008

(Unaudited - Expressed in Canadian Dollars)

- (a) Hunter Dickinson Services Inc. ("HDSI") is a private company owned equally by several public companies, one of which is the Company. HDSI has certain directors in common with the Company and provides geological, corporate development, administrative and management services to, and incurs third party costs on behalf of, the Company and its subsidiaries on a full cost recovery basis.

- (b) Rockwell Diamonds Inc. ("Rockwell"), formerly named Rockwell Ventures Inc., is a public company with certain directors in common with the Company. In January 2007, the Company advanced \$5,500,000 to Rockwell pursuant to a 90-day promissory note. Interest on the promissory note was calculated at a rate of 20% per annum, compounded quarterly. Interest was payable in common shares of Rockwell. On April 18, 2007, Rockwell repaid the principal amount of the loan, together with 497,993 common shares of Rockwell at a deemed price of \$0.495, representing payment of interest on the 90-day promissory note. During the period ended June 30, 2007, interest income of \$53,629 was recorded on the promissory note.

In June 2007, the Company sold its 497,993 common shares of Rockwell for proceeds of \$315,499. A gain of \$68,992 was recorded on the sale.

- (c) Farallon Minera Mexicana S.A. de C.V. ("FMM") is a subsidiary of Farallon Resources Ltd., a publicly traded company which has certain directors in common with the Company. During the nine month period ended December 31, 2008, the Company sold some used equipment with a book value of \$18,673 to FMM at market value, for US\$30,800 (\$32,679).

8. SUBSEQUENT EVENT

Subsequent to December 31, 2008, the Company received \$1.3 million cash in respect of the fiscal years 2004, 2005 and 2006 under the British Columbia Mining Exploration Tax Credit program. The Company records such government grants when the proceeds are actually received. Consequently, the Company has not recorded this amount as receivable as at December 31, 2008.



NINE MONTHS ENDED DECEMBER 31, 2008

MANAGEMENT'S DISCUSSION AND ANALYSIS

**AMARC RESOURCES LTD.
NINE MONTHS ENDED DECEMBER 31, 2008
MANAGEMENT'S DISCUSSION AND ANALYSIS**

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1.1 Date

This Management's Discussion and Analysis ("MD&A") should be read in conjunction with the unaudited consolidated financial statements of Amarc Resources Ltd. ("Amarc", or the "Company") for the nine months ended December 31, 2008 and the audited consolidated financial statements for the year ended March 31, 2008, which are publicly available on SEDAR at www.sedar.com.

This MD&A is prepared as of January 31, 2009. All dollar figures stated herein are expressed in Canadian dollars, unless otherwise specified.

In recent months, the deterioration of global economic conditions has resulted in a significant weakening of base metal prices and high volatility in exchange traded commodity prices. The deterioration in credit market conditions has also increased the cost of obtaining capital and limited the availability of funds. In these conditions, it is difficult to forecast metal prices and customer demand for such products.

Accordingly, we are continuing to actively monitor the effects of the current economic and credit conditions on our business and reviewing our discretionary capital spending, projects, and operating costs and implementing appropriate cash management strategies.

<p>This discussion includes certain statements that may be deemed "forward-looking statements". All statements in this discussion, other than statements of historical facts, that address future production, reserve potential, exploration drilling, exploitation activities and events or developments that the Company expects are forward-looking statements. Although the Company believes the expectations expressed in such forward-looking statements are based on reasonable assumptions, such statements are not guarantees of future performance and actual results or developments may differ materially from those in the forward-looking statements. Factors that could cause actual results to differ materially from those in forward-looking statements include market prices, exploitation and exploration successes, continued availability of capital and financing and general economic, market or business conditions. Investors are cautioned that any such statements are not guarantees of future performance and actual results or developments may differ materially from those projected in the forward-looking statements.</p>
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1.2 Overview

Amarc is actively working to make a major mineral deposit discovery with the potential to deliver both substantial value and growth to the Company. In order to achieve its objective, the Company has assembled a capable and experienced mineral exploration team.

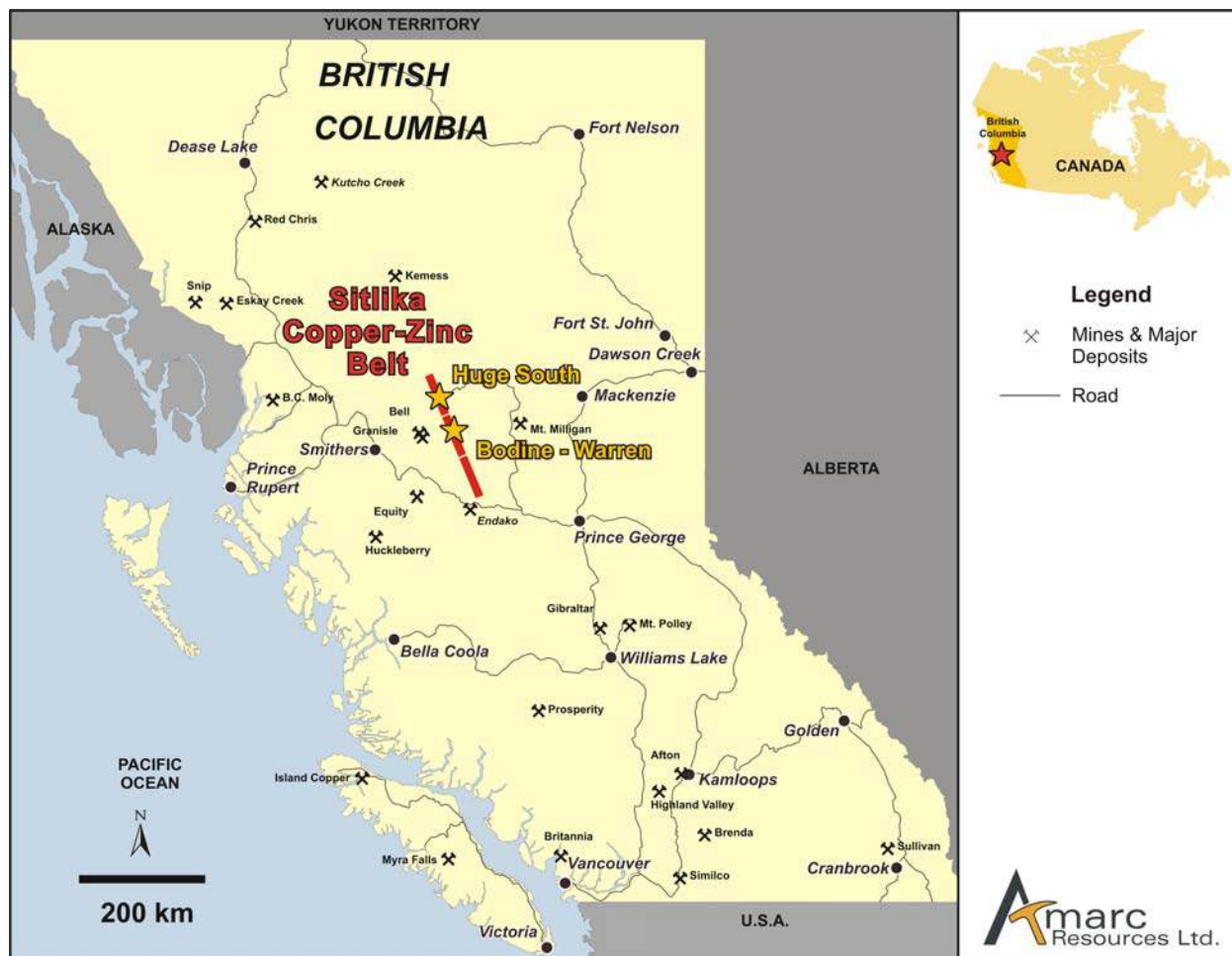
In recent times, Amarc has been focused on early or grassroots stage geological, geochemical and geophysical exploration with efforts primarily directed towards discovering bulk tonnage gold-copper deposits and high value base metals deposits within British Columbia ("BC"). Positive results from Amarc's extensive 2007 BC regional programs resulted in the underexplored and highly prospective Sitlika Zinc-Copper Belt being the focus of 2008 exploration activities. Selected targets will be advanced by the Company in 2009 and others will be put out for joint venture.

Amarc has also expanded its search for mineral deposits, evaluating proposals from favorable mining jurisdictions around the world.

**AMARC RESOURCES LTD.
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The Sitlika Copper-Zinc Belt

Located in central BC (see figure below), the Sitlika Belt extends for some 226 kilometers from the Endako – Vanderhoof area towards the northwest through one of the best endowed mineral districts in the province.



In December 2006 Amarc acquired, by staking and option agreement, exploration properties covering an area of approximately 1,100 square kilometers along the Sitlika Belt. The Company completed additional staking, increasing its tenure position to approximately 2,000 square kilometers. In the quarter ending December 31 2008, Amarc reduced its tenure position along the Sitlika Belt to approximately 955 square kilometers.

The Sitlika Belt is underlain by gossanous metasedimentary and metavolcanic rocks of the Sitlika assemblage. The area was the subject of a focused geological mapping initiative by the BC Ministry of Energy and Mines (Schiarizza and Payie, 1997), the results of which indicate that the Sitlika rocks have the potential to host volcanogenic massive sulphide (“VMS”) deposits. In addition, the Sitlika rocks are considered to correlate with the Kutcho Creek Formation, located 250 kilometers to the north, which host the Kutcho Creek VMS deposits. The Kutcho deposits have a reported indicated resource of 17.1 million tonnes grading 1.6% copper, 2.1% zinc, 0.3 g/t gold and 26 g/t silver (Sherwood Copper Corp.).

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The Sitlika Belt is well serviced by main line forestry roads, crossing topography that is subdued in comparison with other areas of BC. It is also located proximal to the Yellowhead Highway and the Canadian National rail link, which connect the Belt to the bulk loading terminal port of Prince Rupert. High capacity electric transmission lines and a natural gas line are also proximal to the Belt. Resources, including hospitals and schools, are located in nearby communities such as Burns Lake.

An initial exploration expenditure of \$2.8 million was planned for the 2008 field season. Due to the encouraging results received during the early stages of the program, additional funding was made available for follow up work. Amarc spent approximately \$5.8 million on exploration during the 2008 field season of which \$4.5 million was directed to the Sitlika Belt. Since 2007 approximately \$9.8 million dollars have been spent on the BC initiative, including approximately \$6.7 million on the Sitlika Belt.

During the 2007 field season, the Company collected 1,586 stream sediment samples along the Sitlika Belt, identifying 17 priority areas with multiple zinc and/or copper dominated targets. Follow-up target definition in 2007 included the collection of 7,517 soil samples, and completion of geological mapping and 75 line-kilometers of induced polarization ("IP") geophysical surveys.

Exploration work in the 2008 field season focused on further definition of the targets in the 17 priority areas identified in 2007, and included the collection of approximately 20,000 soils samples, 500 silt and rock geochemical samples, and completion of 80 line-kilometers of IP and over 1,000 line-kilometers of helicopter-borne AeroTem II magnetic geophysical surveys and approximately 4,600 meters of diamond drilling. Two outstanding copper and zinc mineral deposit targets were indentified – the Bodine Warren and the Huge South plays.

The **Bodine Project** is located in the central part of the Sitlika Belt. Initial reconnaissance by Amarc geologists identified massive to semi-massive sulphide mineralization in outcrop. Channel samples returned encouraging grades of 1.79% and 1.37% copper over 2.9 meters and 2.4 meters, respectively. Geological mapping, 34 line-kilometers of IP and ground magnetic geophysical surveys and soil sampling over a 5-kilometer by 1.5-kilometer grid completed in 2007 defined the prospective **Bodine-Warren** target. The soil grid delineated a target over an area of 2,000 meters long by 700 meters wide with copper concentrations ranging from 75 parts per million (ppm) to 1,747 ppm and zinc concentrations of 150 ppm to 2,102 ppm.

An additional infill program, comprising approximately 1,600 soil geochemical samples, were collected over the Bodine-Warren target during the 2008 field season to assist in the delineation of drill targets. A 2,200-meter diamond drilling campaign has been completed on the target. Analytical results are pending.

As of the date of this MD&A, the Company had reduced its land position in the Bodine Project by approximately 385 square kilometers to approximately 194 square kilometers.

The **Huge South** target is also located within the Bodine project-area. It is hosted by a thick felsic volcanic pile that extends over at least eight kilometers and represents a classic environment for VMS type mineralization. The Huge South target was initially identified during the 2007 field season from approximately 196 silt geochemical samples and 232 stream bank soil geochemical samples. Target delineation soil geochemical sampling during the 2008 field season defined a strong copper-in-soil anomaly, extending over a length of almost five kilometers. The anomaly remains open to both the northwest and to the southeast. Anomalous gold and zinc concentrations are associated with the copper anomaly. Results from an initial 6 line kilometers of induced polarization geophysical survey show a

AMARC RESOURCES LTD.
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MANAGEMENT'S DISCUSSION AND ANALYSIS

northwest trending chargeability high that is broadly coincident with the significant copper-in-soil anomaly. Further target definition is planned to test the Huge South play in the 2009 field season.

Sitlika Belt Option Agreements

Bodine Property Agreement

In November 2006, Amarc reached an option agreement with an arm's length party to acquire a 100% undivided interest in the Bodine property. Amarc can acquire its interest in the Bodine property by making staged cash payments totaling \$225,000 and expending \$2,000,000 on the property over four years. The Company has paid \$125,000 in property option payments for Bodine to date. The property is subject to a 3% net smelter royalty, 2% of which may be purchased at the Company's sole discretion for \$2,000,000 with the remaining 1% subject to a right of first refusal in favor of the Company. Annual advance royalty payments of \$50,000 will be required from the fifth year of the agreement to the fifteenth year of the agreement.

Pinchi Belt Gold Properties

By January 31, 2009, Amarc had reduced its land position along the Pinchi Belt in BC to approximately 10 square kilometers

The properties are underlain by Paleozoic limestone, sedimentary and volcanic rocks that have been intruded by Mesozoic intrusive rocks. This geologic environment is prospective for bulk tonnage gold deposits.

The Company performed airborne and ground-based geophysical surveys and grid-based geochemical surveys during the 2007 field season to identify targets for follow-up. Four targets were followed-up in 2007. During the 2008 field season, approximately 1,200 soil geochemical samples were collected from the Grand and Grand North targets. Subsequent to a review of these results and those from the 2007 field season, the Company has decided to retain only the Grand and the Petite claims. Currently, no work is planned on either the Grand or Petite plays in 2009.

The costs incurred on the Pinchi program to date total approximately \$469,000.

Carbonate Zinc Belt

In 2007, Amarc acquired by staking approximately 250 square kilometers along a belt located some 130 kilometers north-northwest of McKenzie, BC. The land position has been reduced to approximately 210 square kilometers.

Paleozoic dolomite, limestone and other calcareous sedimentary rocks belonging to various formations, including the Pine Point Formation, underlie the belt. These formations are prospective for Pine Point–Mississippi Valley type Carbonate Hosted Zinc deposits. The historical Pine Point deposits hosted mineral reserves of 64.3 million tonnes grading 7% zinc and 3% lead.

A desk-top analysis of available data resulted in seven targets being selected for follow-up in the field in 2008. Only one of these targets, the Zap play, was eventually followed-up in the field. No work is planned on these properties in 2009.

The cost of the Carbonate Zinc Belt program to date is approximately \$126,000.

**AMARC RESOURCES LTD.
NINE MONTHS ENDED DECEMBER 31, 2008
MANAGEMENT'S DISCUSSION AND ANALYSIS**

Other Properties

The Rapid Property

In April 2008, Amarc staked the **Rapid Property**, which covered approximately 400 square kilometers of anomalous copper-zinc-silver geochemical values in stream sediments reported in a release by Geoscience BC. The land position over the Rapid play has been reduced to approximately 383 square kilometers.

The Rapid property is located 27 kilometers northeast of the Aspira property and 36 kilometers northwest of the town of Fort St. James. Access to the site is by a network of forestry roads.

An airborne magnetic geophysical survey carried out in the early part of the 2008 season was followed up by focused geological mapping, collection of 2,840 geochemical soil samples and completion of approximately 34 line-kilometers of induced polarization geophysical surveys. Currently, no further work is planned on these properties in 2009.

The cost of the programs to date is approximately \$572,000.

Other BC Agreements

The Pond Property Agreement

In September 2007, Amarc entered into a letter agreement with an arm's length party for an exclusive option whereby the Company may acquire, over up to a four year period, the right to earn an undivided 100% interest in the **Pond** property, subject to a 2% net smelter royalty, which the Company may acquire for \$2,000,000. Consideration for the interest comprises staged payments totaling \$215,000 and the incurring of expenditures totaling \$225,000 on the property from the date of signing the letter agreement until the fourth anniversary of the Effective Date. A formal agreement was executed on August 1, 2008.

The Pond property is located approximately 90 kilometers northwest of Fort St. James, and is accessible by road.

The property is underlain by rocks of the Cache Creek Complex, which comprises minor serpentinites of the Late Pennsylvanian to Late Triassic Trembleur Ultramafite Unit, and also greenstones and greenschist metamorphic rocks of the Rubyrock Igneous Complex. These units lie in close proximity to Middle Jurassic to Early Cretaceous granites of the Endako Batholith – Francois Lake Suite that are prospective for porphyry-style base metal deposits.

The Tulox Property Agreement

The **Tulox** property, located in the Cariboo region and comprising 252 square kilometers, was acquired during 2005 to 2007. The Tulox property is underlain by Mesozoic volcanic and sedimentary rocks that have been intruded by Mesozoic intrusive rocks. These rocks have been overlain by Cenozoic volcanic and pyroclastic rocks. The Tulox property is anomalous in gold and gold indicator elements.

In 2007, Amarc entered into an agreement to sell the Tulox property, subject to certain conditions, to Tulox Resources Inc., formerly named Sitec Ventures Corp.

AMARC RESOURCES LTD.
NINE MONTHS ENDED DECEMBER 31, 2008
MANAGEMENT'S DISCUSSION AND ANALYSIS

Other Property Agreements

Amarc retains a 2.5% net smelter royalty on production from the 1,300 hectare **Chona** property, which comprised part of the Witch porphyry gold-copper properties located in B.C., that can be purchased by the arm's length owner for \$2,500,000.

The Company also retains a 1.5% net smelter royalty from the 1,760 hectare **AA** property, part of the Iskut Properties located in B.C., 0.5% of which can be purchased by the arm's length owner for \$1,000,000.

Amarc also has a 5% net profits interest ("NPI") in the 46 mineral claims that comprise the **Ana** Property in the Yukon Territory, and a 2.5% NPI in a mineral lease over the **Mann Lake** Property in Saskatchewan.

At the present time, the Company has no plans to undertake any programs on these properties.

Market Trends

Copper prices

Copper prices had been on an overall upward trend between late 2003 and October 2008, but have decreased significantly since then as a result of uncertainty in global financial markets. The average price in 2008 was US\$3.15/lb, compared to an average price of US\$3.22/lb in 2007. Prices stabilized in January 2009, ranging from US\$1.40 to US\$1.50/lb and averaging US\$1.48/lb.

Zinc prices

Zinc prices decreased during the 2008 calendar year, varying from a high \$1.29/lb in March and a low of \$0.50/lb in October, and averaging US\$0.80/lb for the year. Prices stabilized in January 2009, ranging from US\$0.49 to US\$0.58/lb and averaging US\$0.54/lb.

Precious metals prices

Precious metals prices had been on an overall uptrend for more than three years. Gold prices were volatile in late 2008, dropping below \$800/oz for a two-week period in September, and again from mid October through November. The average gold price for the year was US\$871/oz. Prices in January 2009 have averaged US\$858/oz. As global economic and other market conditions are uncertain, market experts have forecast strong gold prices through 2009.

1.3 Selected Annual Information

Not required for interim MD&A.

AMARC RESOURCES LTD.
NINE MONTHS ENDED DECEMBER 31, 2008
MANAGEMENT'S DISCUSSION AND ANALYSIS

1.4 Summary of Quarterly Results

Expressed in thousands of Canadian dollars, except per-share amounts. Small differences are due to rounding.

	Dec 31 2008	Sept 30 2008	June 30 2008	Mar 31 2008	Dec 31 2007	Sept 30 2007	June 30 2007	Mar 31 2007
Current assets	2,025	4,054	6,697	7,963	5,991	6,901	8,232	8,743
Other assets	60	65	90	20	22	22	24	25
Total assets	2,085	4,120	6,787	7,984	6,013	6,923	8,256	8,768
Current liabilities	132	1,041	497	225	40	383	91	78
Shareholders' equity	1,953	3,079	6,289	7,758	5,973	6,540	8,165	8,690
Total liabilities & shareholders' equity	2,085	4,120	6,787	7,984	6,013	6,923	8,256	8,768
Working capital	1,893	3,013	6,199	7,738	5,951	6,517	8,141	8,665
Expenses								
Amortization	6	6	4	1	1	1	1	-
Conference and travel	8	18	17	86	4	3	2	-
Exploration	1,515	2,974	1,264	489	443	1,667	467	271
Legal, accounting and audit	2	(4)	8	27	21	3	3	22
Management and consulting	17	28	12	-	18	7	24	2
Office and administration	36	50	55	49	37	44	54	44
Property investigation	-	-	1	-	1	1	1	2
Salaries and benefits	107	123	76	56	78	75	48	60
Shareholder communication	44	96	61	20	21	19	13	10
Trust and filing	9	5	1	11	7	8	1	10
Subtotal	1,746	3,297	1,500	741	631	1,827	614	421
Foreign exchange loss (gain)	(177)	(41)	5	(34)	1	83	89	12
Gain (loss) on disposal of equipment	2	(14)	-	-	-	-	-	-
Interest income	(9)	(32)	(36)	(50)	(64)	(93)	(109)	(224)
Other	65	-	-	-	-	-	-	-
Subtotal	1,625	3,211	1,469	656	568	1,817	594	209
Stock-based compensation	11	194	-	-	-	-	-	-
Gain on sale of marketable securities	-	-	-	-	-	-	(69)	-
Write-down of mineral property interest	-	-	-	-	-	-	-	43
Net loss for the period	\$ 1,637	\$ 3,405	\$ 1,469	\$ 656	\$ 568	\$ 1,817	\$ 525	\$ 252
Basic and diluted net loss per share	\$ 0.02	\$ 0.05	\$ 0.02	\$ 0.01	\$ 0.01	\$ 0.03	\$ 0.01	\$ 0.00
Weighted average number of common shares outstanding (thousands)	67,848	67,739	67,739	63,923	63,299	63,204	62,949	60,968

AMARC RESOURCES LTD.
NINE MONTHS ENDED DECEMBER 31, 2008
MANAGEMENT'S DISCUSSION AND ANALYSIS

1.5 Results of Operations

The Company recorded a net loss of \$6,510,309 for the nine month period ended December 31, 2008 compared to net loss of \$2,910,030 for the same period in fiscal 2008. The increase in loss was due primarily to increased exploration activities, compared to the previous year.

Exploration expenses for the nine month period ended December 31, 2008 increased to \$5,753,322, compared to \$2,577,611 for the same period in the previous year, due to increased exploration programs being carried out in British Columbia. The major exploration expenditures for the first nine month of fiscal 2009 were geological (2009 – \$2,310,019; 2008 – \$1,402,164), drilling (2009 – \$ 806,507; 2008 – \$nil), engineering (2009 – \$ 370,280; 2008 – \$4,893), helicopter (2009 – \$600,495; 2008 – \$391,877), site activities (2009 – \$488,538; 2008 – \$352,069), and assays and analysis (2009 – \$588,445; 2008 – \$211,905).

Administrative costs for the current period also increased with the greater exploration activities. The major administrative costs for the first nine month of fiscal 2009 were salaries and benefits (2009 – \$ 305,900; 2008 – \$200,715), office and administration (2009 – \$ 143,485; 2008 – \$134,756), management and consulting (2009 – \$ 56,964; 2008 – \$48,795), and shareholder communication (2009 – \$ 201,276; 2008 – \$52,868).

Stock-based compensation expense of \$204,737 was charged to operations during the current period, compared to \$nil for the same period last year, due to options being granted during the current period.

Interest income decreased to \$76,659 for the current period compared to \$265,425 for the same period last year. The higher interest income in prior period was due to: i) interest earned on the \$5,500,000 loan to Rockwell Diamonds Inc., compared to \$nil during the current period, and ii) relative lower average balance of cash invested in money market securities during current period as compared to prior period.

Interest expense of \$65,286 on flow-through shares issued in December 2008 was recorded during the current period. There was no such interest expense during the same period of the prior year.

A foreign exchange gain of \$212,520 was recorded during the current period, compared with a loss of \$172,407 in the same period of the prior year, due to appreciation in value of the Company's US dollar assets, mainly held in cash and equivalents, against the Canadian dollar.

During the current period, there was no gain on the sale of marketable securities, compared with \$68,992 during the same period of the prior year. The gain during the prior period resulted from the sale of 497,993 common shares of Rockwell Diamonds Inc., which the Company had received as payment for the interest portion of the \$5,500,000 loan to Rockwell Diamonds Inc.

1.6 Liquidity

Historically, the Company's sole source of funding has been the issuance of equity securities for cash, primarily through private placements. The Company has issued common share capital in each of the past few years, pursuant to private placement financings and the exercise of warrants and options.

At December 31, 2008, the Company had working capital of approximately \$1.9 million, compared to working capital of \$7.7 million as at March 31, 2008. Approximately \$1.3 million was received in

**AMARC RESOURCES LTD.
NINE MONTHS ENDED DECEMBER 31, 2008
MANAGEMENT'S DISCUSSION AND ANALYSIS**

January 2009 (see section 1.7 below). The Company's current working capital is sufficient to fund its known commitments required to maintain its mineral properties in good standing for fiscal 2009.

The Company will continue to advance its exploration projects, but in light of current market conditions will remain prudent and disciplined in its approach in doing so, by finding the right balance between advancing the projects and preserving its cash.

The Company has no long term debt, capital lease obligations, operating leases or any other long term obligations.

Development of any of the Company's mineral properties will require additional equity and possibly debt financing. As the Company is an exploration stage company, it does not have revenues from operations and, except for interest income from its cash and cash equivalents, the Company relies on equity funding for its continuing financial liquidity.

1.7 Capital Resources

The Company has no lines of credit or other sources of financing which have been arranged but are as yet unused.

Subsequent to December 31, 2008, the Company received \$1.3 million in cash from the BC METC program. The METC initiative was introduced by the BC Government to stimulate new economic activity in the province and includes an enhanced credit for mineral exploration in areas affected by the mountain pine beetle infestation. The Company recorded this amount upon receipt in January 2009.

The Company has no "Purchase Obligations" defined as any agreement to purchase goods or services that is enforceable and legally binding on the Company that specifies all significant terms, including: fixed or minimum quantities to be purchased; fixed, minimum or variable price provisions; and the approximate timing of the transaction.

1.8 Off-Balance Sheet Arrangements

None.

1.9 Transactions with Related Parties

The required disclosure is provided in note 7 of the accompanying unaudited financial statements as at and for the nine months ended December 31, 2008.

1.10 Fourth Quarter

Not applicable.

**AMARC RESOURCES LTD.
NINE MONTHS ENDED DECEMBER 31, 2008
MANAGEMENT'S DISCUSSION AND ANALYSIS**

1.11 Proposed Transactions

There are no proposed transactions requiring disclosure under this section.

1.12 Critical Accounting Estimates

Not required. The Company is a venture issuer.

1.13 Changes in Accounting Policies including Initial Adoption

The required disclosure is provided in note 3 of the accompanying unaudited financial statements as at and for the nine months ended December 31, 2008.

1.14 Financial Instruments and Other Instruments

The carrying amounts of cash and equivalents, amounts receivable, and accounts payable and accrued liabilities approximate their fair values due to their short-term nature.

1.15 Other MD&A Requirements

Additional information relating to the Company is available on SEDAR at www.sedar.com.

1.15.1 Additional Disclosure for Venture Issuers without Significant Revenue

(a) *capitalized or expensed exploration and development costs;*

The required disclosure is presented as a schedule to the unaudited consolidated financial statements for the nine months ended December 31, 2008.

(b) *expensed research and development costs;*

Not applicable.

(c) *deferred development costs;*

Not applicable.

(d) *general and administration expenses; and*

The required disclosure is presented in the consolidated statements of operations.

(e) *any material costs, whether capitalized, deferred or expensed, not referred to in (a) through (d);*

None.

AMARC RESOURCES LTD.
NINE MONTHS ENDED DECEMBER 31, 2008
MANAGEMENT'S DISCUSSION AND ANALYSIS

1.15.2 Disclosure of Outstanding Share Data

The following table details the share capital structure as at January 31, 2009, the date of this MD&A. These figures may be subject to minor accounting adjustments prior to presentation in future consolidated financial statements.

	Expiry date	Exercise price	Number
Common shares			72,739,473
Warrants	February 9, 2011	\$0.10	5,000,000
Options	July 19, 2011	\$0.70	1,742,400

1.15.3 Internal Controls over Financial Reporting and Disclosure Controls

Internal Controls over Financial Reporting Procedures

The Company's management is responsible for establishing and maintaining adequate internal control over financial reporting. Any system of internal control over financial reporting, no matter how well designed, has inherent limitations. Therefore, even those systems determined to be effective can provide only reasonable assurance with respect to financial statement preparation and presentation.

There have been no significant changes in internal controls over financial reporting occurred during the period ended December 31, 2008 that could have materially affected or are reasonably likely to materially affect the Company's internal control over financial reporting.

Disclosure Controls and Procedures

The Company has disclosure controls and procedures in place to provide reasonable assurance that any information required to be disclosed by the Company under securities legislation is recorded, processed, summarized and reported within the applicable time periods and to ensure that required information is gathered and communicated to the Company's management so that decisions can be made about timely disclosure of that information.

There have been no significant changes in the Company's disclosure controls during the period ended December 31, 2008 that could significantly affect disclosure controls subsequent to the date the Company carried out its evaluation.