

TSX VENTURE EXCHANGE = MTO

122,405,005 outstanding shares

**METANOR DRILLS 2.71 g/t Au over 18.85m and 5.55 g/t Au over 12m
On the Main Zone at BARRY**

March 3, 2010 - Val-d'Or, Quebec, Canada: Metanor Resources Inc. (MTO: TSX-V) is pleased to announce new results of the drilling campaign executed on the Barry property. This drilling program included 168 holes totalling approximately 20,000m and allowed to extend laterally and at depth, the Main zone on the northern side (Footwall) of the deformation corridor, the zone 43 and the Center zone on the southern part (Hanging wall) of this corridor, as well as the mineralized lenses (Inter) located between these two gold bearing zones.

Diamond drill hole MB-09-501 intersected on section 930 E a broad mineralized and sheared zone coinciding with the extension at depth of the Main zone and which returned at an approximate vertical depth of 75m an intersection of **2.71 g/t Au over 18.85m**, including **3.88 g/t Au over 9.0m**. Diamond drill hole MB-09-433 intersected the Main zone on section 755 E or approximately 150m to the west of the east pit extremity and which returned **5.55 g/t Au over 12.0m** at a vertical depth of 35m.

Section	Ddh's	Zone	Elevation	From (m)	To (m)	Width (m)	Au (g/t)
755 E	MB-09-433	Inter	-6m	8.0	10.0	2.0	1.75
		Main	-35m	45.0	57.0	12.0	5.55
780 E	MB-09-484	Center	-32m	38.4	43.5	5.1	2.87
		Center 2	-60m	76.5	84.0	7.5	2.89
		Inter	-90m	120.0	129.0	9.0	1.86
		Main	-110m	137.0	139.9	2.9	3.16
800E	MB-09-480	Inter1	-90m	109.5	112.5	3.0	2.62
		Inter2	-97m	117.0	121.0	4.0	2.50
		Main	-110m	139.5	151.5	12.0	3.53
810E	MB-09-478	Inter	-90m	122.85	129.35	6.5	3.16
	Et	Main	-110m	149.84	151.5	1.66	2.82
830E	MB-09-475	South	-20m	24.0	28.55	4.55	2.49
		Center	-53m	71.4	75.0	3.6	3.29
		Inter	-60m	79.5	82.5	3.0	2.11
840E	MB-09-469	Center	-45m	60.5	64.77	4.27	1.06
		Inter	-60m	81.5	84.95	3.45	1.07
		Main	-85m	117.5	122.0	4.5	3.46
850E	MB-09-474	Center	-100m	133.5	136.35	2.85	3.95
		Inter	-120m	159.0	165.0	6.0	3.06
		Main	-135m	183.6	187.5	3.9	2.65
855E	MB-09-439	Center	-22m	31.5	37.5	6.0	2.51
		Inter	-36m	55.5	58.4	2.9	3.84
		Main	-77m	103.5	111.0	7.5	3.44
860E	MB-09-441	Center	-35m	46.5	55.5	9.0	3.50
		Main	-88m	120.85	126.0	5.15	3.72
860E	MB-09-473	Center	-22m	30.0	32.65	2.65	2.87
	Et	Main	-75m	103.5	106.75	3.25	4.21

890E	MB-09-458	Main	-25m	31.5	34.5	3.0	3.05
		Main	-30m	37.9	40.65	2.75	2.29
		North	-65m	84.0	88.5	4.5	8.01
900E	MB-09-495	Inter	0m	0.1	3.0	2.9	6.29
		Main	-30m	34.5	37.5	3.0	1.56
		Main	-50m	53.0	55.5	2.5	2.99
		Main	-55m	60.0	64.5	4.5	2.06
		North	-110m	117.8	120.0	2.2	5.06
930E	MB-09-501	Center	-25m	33.0	40.5	7.5	2.53
		Inter	-60m	76.5	80.1	3.6	6.18
		Main	-75m	90.0	108.85	18.85	2.71
970E	MB-09-454	Main	-15m	19.95	23.0	3.05	1.83
		North	-45m	54.5	62.0	7.5	4.26

Results obtained with this diamond drilling campaign carried out mainly on mineralized zones of the Central zone located at approximately 80 meters to the south of the Main zone, confirm the potential to define new resources in each gold zone in the deformation corridor which crosses the Barry property. Other assay results are still pending.

The true width is approximately 85 to 90 % of the core length obtained in diamond drill holes. Analyses were performed by fire assay at the Bachelor Mine laboratory with verification of several samples at the ALS Assay Laboratory of Val-d'Or, Quebec.

Mr. André Tremblay, P Eng. is the qualified person pursuant to National Instrument 43-101 and supervised the technical information presented in the news release.

- 30 -

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