



PRESS RELEASE

TSX VENTURE EXCHANGE = MTO

105,807,582 outstanding shares

METANOR DRILLS 7.71 g/t Au OVER 7.75 m BARRY PIT EXPANDS, STILL OPEN AT DEPTH

September 3, 2009 - Val-d'Or, Quebec, Canada: Metanor Resources Inc. (MTO: TSX-V) is pleased to announce preliminary results of an ongoing drilling campaign carried out on the Barry property which continues to extend mineralized zones of the Center Zone located between Zone 43 and the West Zone.

HIGHLIGHTS

-Diamond drill hole MB-09-409 investigated the Center Zone which connects the West Zone to Zone 43 and returned starting at surface, an intersection of **7.71 g/t Au over 7.75m**. This mineralized intersection obtained on a section located approximately 10m east of DDH MB-09-370 which returned at a vertical depth of 34m an intersection of **4.86 g/t Au over 27m**, shows **the continuity of this new mineralized zone to the surface**.

-Results obtained in this drilling campaign, particularly the Center Zone confirm the potential for significant additional resources in all the gold bearing zones at Barry which are still open at depth. This new mineralized zone is situated approximately 80 meters south of the Main Zone and covers a distance of **500** meters.

DETAILS

Diamond drilling performed to extend the North Branch of the Main Zone (East Pit) permitted us to retrace the mineralized zone at shallow depth up to the low mineralized granitic dyke. However, a channel sample taken about 200m west of the pit returned an intersection of **48.90 g/t** or **5.19 g/t** (cut to 34.28 g/t) over **12.27m** which confirms the continuity of this mineralized zone on the other side of the dyke and assures the continuation of the drilling campaign in this sector.

	Section	DDH	From(m)	To (m)	Length(m)	Au (g/t)
Zone 43	990 E	MB-09-371	64.5	82.5	18,0	2.00
		Including	64.5	69.0	4,5	3.42
		and	78.2	82.5	4,3	4.60
	960 E	MB-09-373	20.5	26.5	6,0	3.64
		and	46.0	50.15	4,15	2.15
		and	75.0	77.45	2,45	4.90
	960 E	MB-09-355	12.0	16.5	4,5	4.63
		and	49.5	57.0	7,5	2.54
	950 E	MB-09-372	32.0	41.0	9,0	2.86
	Including	35.0	41.0	6,0	3.95	
North Branch	900 E	MB-09-377	18.0	24.0	6,0	1.91
	910 E	MB-09-358	15.3	21.75	6,45	3.13

Main Zone						
West Zone	620 E	MB-09-356	7.0	8.5	1,5	3.16
		and	32.5	34.0	1,5	4.35
		and	91.0	92.5	1.5	5.47
	630 E	MB-09-348	25.0	38.5	13.5	2.25
		Including	31.0	35.5	4.5	3.39
	680 E	MB-09-360	69.0	72.0	3.0	2.15
Center Zone	735 E	MB-09-342	64.0	68.5	4.5	2.11
		and	97.0	100.0	3.0	2.00
	750 E	MB-09-338	69.0	108.0	39.0	2.17
		Including	91.5	108.0	16.5	4.35
	770 E	MB-09-339	65.0	71.0	6.0	3.80
		and	82.4	86.95	4.55	3.36
		and	99.5	105.5	6.0	3.72
	785 E	MB-09-341	29.5	32.5	3.0	3.44
		and	64.0	67.0	3.0	1.79
	800 E	MB-09-343	42.0	46.5	4.5	1.92
		and	81.45	84.3	2.85	3.33
		and	126.0	130.5	4.5	2.01
	810 E	MB-09-409	0	7.75	7.75	7.71
	820 E	MB-09-340	25.0	34.0	9.0	1.96
		and	74.5	79.0	4.5	2.72
		and	98.5	101.5	3.0	2.81
	825 E	MB-09-389	54.5	96.5	42.0	1.98
		Including	73.3	86.0	12.7	3.94
		and	93.5	96.5	3.0	5.02
	870 E	MB-09-381	13.0	14.5	1.5	3.66
	and	31.0	38.5	7.5	2.43	
	and	115.35	123.0	7.65	3.20	

Results obtained to date from this diamond drilling campaign confirm the potential of new mineralized zones in the deformation corridor which crosses the Barry property.

The true width is approximately 80 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 some samples at the ALS Assay Laboratory in 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.

For further information please contact:

Andre Tremblay, VP Exploration
Tel.: 819-825-8678

2872, chemin Sullivan, suite 2,
Val-d'Or (Québec) J9P 0B8
Tél. : (819) 825-8678 Fax. : (819) 825-8224
info@metanor.ca www.metanor.ca