

**TSX VENTURE EXCHANGE = MTO**

**118,405,005 outstanding shares**

**METANOR DRILLS 3.49 g/t Au over 45.6m  
On Inter and Main Zones at BARRY**

**January 07, 2010 - Val-d'Or, Quebec, Canada: Metanor Resources Inc. (MTO: TSX-V)** is pleased to announce new results of the drilling campaign performed on the Barry property which continues to extend mineralized zones of the Center Zone located between Zone 43 and the West Zone. The current drilling campaign extended the Main zone on the Footwall of the deformation corridor and zone 43-Central on the Hanging wall of this corridor, and to further define gold bearing mineralized lenses between these two zones (Inter Zones).

Diamond drill hole **MB-09-479** carried out on the Center zone, which connects the West Zone to zone 43, returned on the section 760 E a wide sheared and mineralized zone at a vertical depth of 55-70m below surface an intersection of **3.49 g/t Au over 45.6m**.including **11.16 g/t Au over 12.0m** (Inter Zone) and **2.32 g/t Au over 6.0m** (Main Zone).

| Section | DDH       | Zone   | Elevation | From (m) | To (m) | Width(m) | Au (g/t)     |
|---------|-----------|--------|-----------|----------|--------|----------|--------------|
| 760 E   | MB-09-479 |        |           | 70.0     | 115.6  | 45.6     | <b>3.49</b>  |
|         | Including | Inter  | -55m      | 70.0     | 82.0   | 12.0     | <b>11.16</b> |
|         | Including | Main   | -70m      | 103.0    | 109.0  | 6.0      | <b>2.32</b>  |
| 780 E   | MB-09-448 |        |           | 74.9     | 87.5   | 12.6     | <b>2.98</b>  |
|         | Including | Inter  | -55m      | 74.9     | 81.5   | 6.6      | <b>5.03</b>  |
|         | And       | Main   | -70m      | 96.85    | 101.0  | 4.15     | <b>2.50</b>  |
| 795 E   | MB-09-407 | Center | -10m      | 12.0     | 15.0   | 3.0      | <b>2.73</b>  |
|         | And       | Inter  | -65m      | 69.0     | 72.0   | 3.0      | <b>2.51</b>  |
|         | And       | Main   | -95m      | 99.0     | 115.5  | 16.5     | <b>2.21</b>  |
|         | Including |        |           | 108.0    | 115.5  | 7.5      | <b>3.40</b>  |
| 810E    | MB-09-447 |        |           | 90.0     | 96.4   | 6.4      | <b>3.77</b>  |
|         | Including | Inter  | -70m      | 93.0     | 96.4   | 3.4      | <b>7.02</b>  |
| 810E    | MB-09-446 | Center | -15m      | 21.0     | 25.5   | 4.5      | <b>2.53</b>  |
|         | And       | Inter  | -45m      | 64.5     | 69.0   | 4.5      | <b>2.65</b>  |
|         | And       | Inter  | -60m      | 82.5     | 87.5   | 5.0      | <b>3.62</b>  |
|         | And       | Main   | -75m      | 103.5    | 106.5  | 3.0      | <b>3.55</b>  |
| 890E    | MB-09-494 |        |           | 50.23    | 55.6   | 5.37     | <b>2.48</b>  |
|         | Including | Center | -40m      | 50.23    | 52.4   | 2.17     | <b>4.83</b>  |
| 1070E   | MB-09-399 |        |           | 26.5     | 49.65  | 23.25    | <b>2.00</b>  |
|         | Including | Inter  | -25m      | 26.4     | 36.5   | 10.1     | <b>3.35</b>  |

Results obtained with this diamond drilling campaign carried out mainly on the mineral-bearing 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 bearing 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.

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.

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