

TSX VENTURE EXCHANGE = MTO

105,807,582 outstanding shares

METANOR launches 20,000m drilling campaign Following a 9.24 g/t Au over 33m at BARRY

OCTOBER 7, 2009 - Val-d'Or, Quebec, Canada: Metanor Resources Inc. (MTO: TSX-V) is pleased to announce the beginning of an intense exploration campaign on the Barry property in order to locate the **lateral extension and extensions at depth** of the gold bearing mineralized zones in the area of the Main zone and in order to discover new similar gold bearing zones on the whole of the property.

The Barry property is located in the Urban-Barry belt, approximately 65 kilometres south-east of the Bachelor Lake Mine and consists of 380 claims covering 6816 hectares. A deformation corridor which contains the Barry deposit extends over an East-West distance of more than 13 km and was poorly investigated in the past.

The mineralization of the Barry Deposit is characterized by a system of quartz-carbonate-albite veins associated with sheared zones oriented at 060° and with a dip of 60-70° towards south-east. The current drilling campaign allowed to locate the extension at depth of the Main zone and to connect zones 43 and the West zone with the Central zone which extends now over a distance of more than 500m. On zone 43, diamond drill hole MB-08-297 returned in 2008 an intersection of **6.12 g/t Au over 37.8m** (Press release of September 18, 2008).

Broad gold intersections obtained in the Central zone and having returned **9.24 g/t Au over 33m** in hole MB-09-423 (Press release of September 16, 2009), and **4.86 g/t Au over 27.0m** in hole MB-09-370 (Press release of April 14, 2009) indicate the strong potential for gold of this corridor of deformation which crosses all the Barry property.

A study of Diagnos recently confirmed the presence of many sectors of interest for gold and copper on the property in particular along the north-eastern extension of the Barry deposit.

A drillings program of **20,000m** is planned in order to continue to extend the Main zone and the Central zone at depth and with an aim of investigating the many geophysical targets already existing on the whole of the property and those which will be detected during this exploration program.

This intense exploration campaign already begun on the Barry property should allow a significant increase of the mineral resources and confirms the strategy of Métanor to put all energy necessary in order to discover new gold bearing mineralized zones similar to the Main zone and the Central zone and to make Urban-Barry sector the next mining camp in Quebec

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.

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.

Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

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