



PRESS RELEASE

TSX VENTURE EXCHANGE = MTO

105,807,582 outstanding shares

METANOR DRILLS 6.08 g/t Au over 10.5m at BARRY GOLD ZONES EXTEND AT DEPTH

November 09, 2009 - Val-d'Or, Quebec, Canada: Metanor Resources Inc. (MTO: TSX-V) is pleased to announce new results of the drilling campaign currently underway on the Barry property which continues to extend mineralized zones of the Centre Zone located between Zone 43 and the West Zone. The current drilling campaign allowed to investigate and to extend the Main zone on the Footwall of the corridor of deformation and zone 43-Central on the Hanging wall of this corridor, and to define gold bearing mineralized lenses between these two zones.

Diamond drill hole **MB-09-413** carried out on the Centre zone, which connects the West Zone to zone 43, returned on the section 830 E and close to surface, an intersection of **6.08 g/t Au over 10.5m**. Approximately 75m towards the west, diamond drill hole **MB-09-434** returned at an approximate vertical depth of 40m, an intersection of **4.24 g/t Au over 15m** in a mineralized zone located between the Main zone and the Central zone and shows the gold bearing potential of the totality of the corridor of deformation.

Diamond drill hole **MB-09-435** returned on the section 890 E and at a vertical depth of 20m, an intersection of **3.29 g/t Au over 13.5m**, including **6.62 g/t Au over 6.0m**, which represents the extension towards the west of the northern branch of the Main zone and which confirms the continuity of this mineralized zone under the granitic intrusive mass. The diamond drill campaign carried out along the Central zone also intersected the Main zone (East pit) at vertical depths reaching approximately 100m and show continuity at depth of this mineralized zone located close to the northern contact (Footwall) of the corridor of deformation.

Section	DDH	Zone	Elevation	From (m)	To (m)	Width (m)	Au (g/t)
730E	MB-09-401	Centre	-35m	51.5	57.5	6.0	3.05
	Et	Inter	-55m	80.0	87.5	7.5	2.60
	Et	Main	-75m	112.1	114.5	2.4	4.38
755 E	MB-09-434	Inter		52.5	67.5	15.0	4.24
	Incluant	Inter	-25m	43.2	45.0	1.8	3.97
	Et	Inter	-35m	52.5	57.0	4.5	7.40
	Et	Inter	-45m	64.5	67.5	3.0	9.33
800 E	MB-09-426	Main		56.5	62.5	6.0	2.26
	Incluant	Main	-40m	56.5	60.35	3.85	3.28
		Nord	-70m	97.7	100.0	2.3	3.23
820 E	MB-09-411	Centre		2.5	11.5	9.0	5.49
	Incluant	Centre	-5m	5.5	8.7	3.2	14.50
830 E	MB-09-413	Centre		3.0	13.5	10.5	6.08
	Incluant	Centre	-5m	3.0	8.35	5.35	11.39
	Et	Main	-55m	69.2	78.0	8.8	2.62
840 E	MB-09-424	Centre		13.0	23.5	10.5	4.12
	Incluant	Centre	-15m	16.0	22.0	6.0	6.34
855 E	MB-09-439	Centre		31.5	37.5	6.0	2.51
	Incluant	Centre	-20m	31.5	34.45	2.95	3.86

		Inter	-35m	55.5	58.4	2.9	3.84
870E	MB-09-437	Centre		17.5	32.5	15.0	2.36
	Incluant	Centre	-15m	17.5	26.5	9.0	3.24
	Et	Main		103.0	107.35	4.35	2.07
	Incluant	Main	-80m	104.65	107.35	2.7	2.92
870E	MB-09-418	Centre		6.7	17.0	10.3	2.29
	Incluant	Centre	-10m	6.7	13.35	6.65	3.29
890 E	MB-09-435	Main Ext		17.0	30.5	13.5	3.29
	Incluant	Main Ext	-20m	24.5	30.5	6.0	6.62

Results obtained with this diamond drilling campaign carried out mainly on the mineral-bearing zones of the Central zone located at approximately 80 meters in the south of the principal zone confirm the potential to define new resources in each gold bearing zone in the corridor of deformation 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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