

**TSX VENTURE EXCHANGE = MTO**

**105,807,582 outstanding shares**

**BARRY GETS ANOTHER DRILL**

**GOOD RESULTS PROMPTS MORE DRILLING**

**September 10, 2009 - Val-d'Or, Quebec, Canada:** Metanor Resources Inc. (MTO: TSX-V) is pleased to announce that it has ordered another diamond drill from Forages Orbit for immediate installation, as a result of the very promising drill results received to date. The new drill will focus on the new mineralized zone which is situated approximately 80 meters south of the Main Zone and covers a distance of approximately 500 meters as previously announced in Press Release dated September 3, 2009.

Management is very encouraged about this campaign as it will significantly increase the company's geological resources at Barry. The Barry pit is still open at depth and in all directions. Recent drilling results confirm that existing mineralized zones are connecting to each other and are expanding, this should bode well for the anticipated new NI 43-101 report on the Barry pit. Further drill results from the Barry and Nelligan properties are pending.

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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The TSX Venture Exchange does not accept any responsibility for the adequacy or the accuracy of the press release.

**For further information please contact:**

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