

TSX VENTURE EXCHANGE = MTO

122,450,005 outstanding shares

**METANOR DRILLS 3.42 g/t Au over 22.4m
 and 4.02 g/t Au over 16.63m at BARRY**

January 13, 2010 - Val-d'Or, Quebec, Canada: Metanor Resources Inc. (MTO: TSX-V) is pleased to announce new results of the drilling campaign executed 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 define gold bearing mineralized lenses between these two zones (Inter Zones).

Diamond drill hole **MB-09-483** intersected on section 780 E a wide sheared and mineralized zone which coincides with the Main Zone and returned at a vertical depth of 70m below surface a gold intersection of **2.33 g/t Au over 39.3m** including **3.42 g/t Au over 22.4m** and **3.68 g/t Au over 5.0m** (Main Zone).

Section	DDH	Zone	Elevation	From (m)	To (m)	Width (m)	Au (g/t)
760E	MB-09-481	South	-10m	15.0	18.0	3.0	4.42
	And	Main	-80m	105.0	121.63	16.63	4.02
780 E	MB-09-483			63.1	102.4	39.3	2.33
	Including	Main	-70m	80.0	102.4	22.4	3.42
	And	Main	-75m	97.4	102.4	5.0	3.68
816E	MB-09-422	Center		12.25	21.5	9.25	2.26
	Including		-12m	18.5	21.5	3.0	4.73
830E	MB-09-477	Center	-65m	84.65	92.35	7.7	6.41
	And	Main	-100m	136.50	138.75	2.25	3.69
840E	MB-09-442	Inter	-75m	75.5	87.5	12.0	2.22
	Including			75.5	80.65	5.15	4.16
870E	MB-09-468	Center	-55m	75.75	77.5	1.75	3.22
	And	Inter	-75m	96.8	105.0	8.20	4.09
	Including			97.5	104.1	6.60	4.79
880E	MB-09-470	Center	-58m	72.35	84.5	12.15	2.46
	Including			74.5	83.0	8.5	3.20
	And	Main	-115m	158.7	162.25	3.55	5.96
890E	MB-09-471	Center	-22m	27.5	36.1	8.6	3.67
1050E	MB-09-396	43-Center	-25m	30.5	35.0	4.5	2.97
	And	Inter	-50m	57.5	60.5	3.0	4.44

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 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.

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