

**TSX VENTURE EXCHANGE = MTO**

**105,807,582 outstanding shares**

**BARRY NI 43-101 REPORT IN PROCESS**

**Barry drilling to continue all Summer-Bachelor Lake Expansion on Target**

**July 15, 2009 - Val-d'Or, Quebec, Canada:** Metanor Resources Inc. (MTO: TSX-V) is pleased to announce that it recently engaged SGS Geostat to produce a NI 43-101 Report on the promising Barry Open Pit. The report is expected to be ready the beginning of September 2009. The recent encouraging drill results from the Barry property has shown that the pit is expanding and the zones are connecting to each other, which is confirming the potential of significant resources, Management is looking forward to the Report. Previous drilling results included 10.4 g/t Au over 7.65m (Press release June 11, 2009), 48.90 g/t Au or 5.19 g/t Au (Cut to 34.28 g/t) over 12.27m and 4.86 g/t over 27.0m (Press release April 14, 2009) and 6.12 g/t Au over 37.8m (Press release September 18, 2008) Further, the drilling campaign at Barry will continue all summer while the Report is being produced. Further drill results are pending.

**BACHELOR LAKE UNDERGROUND EXPANSION**

Serge Roy, CEO and Ghislain Morin, President and COO both stated "Work at Bachelor Lake is progressing extremely well, with the head frame and new hoist almost complete; we are ready to award the contract for the sinking of the shaft another 200m. The work to date is under budget and on schedule, our team has done very well controlling costs and staying on schedule"

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.

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