

TSX VENTURE EXCHANGE = MTO

105,807,582 outstanding shares

NEW DISCOVERY

METANOR Hits 28.06 g/t Au over 4.54m on the Nelligan property

September 16, 2009 - Val-d'Or, Quebec, Canada: Metanor Resources Inc. (MTO: TSX-V) is pleased to announce preliminary results of a short drilling campaign carried out on the Nelligan property which discovered a new gold bearing zone.

Diamond drill hole NE-09-02 intersected a new gold bearing structure on the Valley group of the Nelligan property. This new mineralized sheared zone returned starting on surface **28.06 g/t Au (Uncut) over 4.54m** or **6.61 g/t Au (Cut to 1 oz/t) over 4.54m** including intersections of **234 g/t Au over 0.5m** on the hanging wall and **17.9 g/t Au over 0.7m** on the footwall of the zone. Other assay results are still pending.

The Nelligan property consists of 58 claims totaling approximately 2895 ha located immediately to the west of the Bachelor property and approximately 8 kilometers southwest of the Town of Desmaraisville. During previous exploration programs, sheared and mineralized horizons similar to the Vein A at the Bachelor Mine were exposed on the Billy group and the Valley group of Nelligan property. On the Billy group, assay values of **582 g/t Au over 0.53m** and **3.15 g/t Au over 3.0m** were obtained from channel sampling. On the Valley group, the best assay result was obtained from a grab sample of altered mafic volcanic with minor pyrite stringers and quartz veining and returning **3.25 g/t Au**. Values obtained in channel samples demonstrate continuity of gold mineralization across the shear zone with grades of **2.02 g/t Au over 2.10m** and **1.47 g/t Au over 2.25m**.

Results obtained in this drilling campaign confirm the potential for new gold mineralization in the deformation corridor extending to the west of the Bachelor mine. The gold zone on the Billy group is located 5km SW of Bachelor and the new discovered gold bearing zone on the Valley group is situated approximately 10 Km SW of the Bachelor mill.

The true width is approximately 80 to 90 % of the core length obtained in diamond drill holes. Analyses were performed by fire assay at the Bachelor Mine laboratory, Quebec.

The Nelligan Gold Property is currently under option from Murgor Resources Inc (MGR: TSX.V) whereby Metanor has the right to earn a 70% interest in the property by the end of 2010 (Press release of September 6th, 2007).

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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