



COMMUNIQUÉ DE PRESSE

TSX VENTURE EXCHANGE = MTO

128,105,005 outstanding shares

50% INCREASE IN CAPACITY AT BACHELOR MILL NI 43-101 ON BARRY IN APRIL 2010

March 17, 2010 - Val-d'Or, Quebec, Canada: Metanor Resources Inc.

("Metanor ") (TSX-V: MTO) is pleased to announce that it has completed its Bachelor Lake mill expansion. **Its capacity increased from 800 to 1,200 metric tonnes per day.**

Currently, the mill is being commissioned in accordance to established standards. The decision to increase the capacity of the mill is due in part to the continuing remarkable results of the 20,000 meter drilling campaign on the Barry property.

This drilling campaign that was conducted during 2009-2010 and confirmed the significant gold potential of the property. (Reference: the following press releases 2008-2010).

January 13, 2010 = 3.42 g/t over 22.4 m

January 7, 2010 = 3.49 g/t over 45.6 m

September 24, 2009 = 9.24 g/t over 33.0 m

June 11, 2009 = 10.4 g/t over 7.65 m

April 14, 2009 = 48.9 g/t or 5.19 g/t (cut to 34.28 g/t) over 12.27 m

April 14, 2009 = 4.86 g/t over 27.0 m

September 18, 2008 = 6.12 g/t over 37.8 m

Of interest, the Barry open pit is located 10 km from the Windfall property presently owned by Eagle Hill Exploration (EAG - V) which recently announced very interesting drilling results, further demonstrating the potential of a new Quebec mining camp in the Barry-Urban township.

An independent firm is currently performing a recalculation of the Barry property resources. This study will permit Metanor to produce a new report NI 43-101 by the end of the month of April 2010. 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.

About Metanor Resources Inc.

Metanor Resources Inc., MTO - V (TSX-VENTURE), MEAOF.PK (OTC), is listed on the TSX Venture Exchange since 2003. The Abitibi based company currently pouring gold ingots from its Bachelor Lake mill at Desmaraisville in Quebec. The ore comes from the very promising Barry open-pit gold mine. These two properties are 100% owned. Metanor has in total six properties, five of which are in Quebec and one in Ontario.

Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

For further information please contact:

Ronald Perry, Vice President

Tel: 514-262-8286

Email: rperry@metanor.ca

2872, Sullivan, suite 2, P.O. Box 420, BDP Sullivan, Quebec J9P 0B8