

TSX VENTURE EXCHANGE = MTO

105,807,582 outstanding shares

METANOR REOPENS UNDERGROUND MINE AT BACHELOR LAKE

November 17, 2009 - Val-d'Or, Quebec, Canada: Metanor Resources Inc. (MTO: TSX-V) announces that Inspector Mr. Gaétan Gagnon of the CSST (Commission de la Santé et de la Sécurité du Travail), assisted by Mr. Mario St-Pierre, released his decision on the resumption of work at the Bachelor mine this Monday the 16th of November 2009, at 3.30 pm and his intervention report reads as follows: "under the powers granted to me by the CSST, article 189, I authorize the resumption of work in the Bachelor underground shaft located at 200 Chemin de la Mine, Desmaraisville. "

Further, Metanor would like to mention that the operations, both at the Barry open pit and the Bachelor Lake Mill were never halted and are continuing.

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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.

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