



PRESS RELEASE

TSX VENTURE EXCHANGE = MTO

105,807,582 outstanding shares

METANOR DRILLS 13.31 g/t Au over 5.2m at BARRY PIT IS STILL GROWING AT DEPTH

October 20, 2009 - Val-d'Or, Quebec, Canada: Metanor Resources Inc. (MTO: TSX-V) is pleased to announce new results of the drilling campaign currently underway on the Barry property which continues to extend mineralized zones of the Center Zone located between Zone 43 and the West Zone.

Diamond Drill Hole MB-09-410 was drilled on section 820 E and has intersected mineralization of the Center Zone between 2.5m and 15.2m along the drill hole and returned **5.53 g/t Au over 12m**, including an intersection of **13.31 g/t Au over 5.2m**. Diamond Drill Hole MB-09-412 was drilled on section 830 E and returned between 6.5m and 16.4m along the drill hole, an intersection of **3.53 g/t Au over 9.9m**, including **10.2 g/t Au over 3.2m**. These gold intersections were obtained close to the surface and show the lateral continuity of the Center Zone at shallow depth and its gold bearing content between the West Zone and Zone 43.

Diamond Drill Holes MB 09-459 was drilled on section 770 E and intersected **3.0 g/t Au over 12.6m** at a vertical depth of approximately **30m** and MB-09-428 was drilled on section 800 E and intersected **3.75 g/t Au over 18m** at a vertical depth of **45m**. These gold intersections indicate the continuity along strike and at depth of the Center Zone.

The results obtained so far during this campaign which is concentrated mainly on the Center Zone consistently indicate very good lateral continuity with deep gold bearing zones and also confirm the potential for significant additional resources in all the gold bearing zones at Barry. This new mineralized zone is situated approximately 80 meters south of the Main Zone and covers a distance of 500 meters. The additional drill is on site and is following this trend. Further drill results are pending.

Results obtained to date from this diamond drilling campaign confirm the potential of new mineralized zones in the deformation corridor which crosses the Barry property. 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.

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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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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