



PRESS RELEASE

TSX VENTURE EXCHANGE = MTO

105,807,582 outstanding shares

METANOR RESOURCES INC. – NEW MEMBER ON THE BOARD OF DIRECTORS AND NOMINATION OF A VICE-PRESIDENT EXPLORATION

Val-d'Or, July 23, 2009 – Metanor Resources Inc. "Metanor" (TSX Venture Exchange: MTO) announces the nomination of a new member on its Board of directors. Mr. Tristram Robert (Tris) Coffin, businessman, was admitted to the Order of Dispensing Opticians in 1963. Mr. Coffin has been active in the optical industry since the last 40 years and sits on many advisory committees.

Owner of the firm "Tris Coffin, Meunier Rosenthal Asselin Optometrists/Opticians", Mr. Coffin operates one of the Canada's most prestigious optical operations located in Montreal (province of Quebec). Mr. Coffin also acts as special advisor and licensee to U.S. Vision in the province of Quebec.

Early in career, he worked in the brokerage business and helped bring numerous companies public. Mr. Coffin was also involved in home construction projects in the Laurentians (province of Quebec). He was involved in the 1964 Olympic Games, as Manager of the Canadian Alpine Ski Team.

Metanor also announces the nomination of Mr. André Tremblay, geologist, as Vice-president Exploration. Mr. Tremblay holds a bachelor's degree in geological engineering and a masters' degree in earth sciences (structure) from the *Université du Québec à Chicoutimi*. Before he started working with Metanor in 2003, he had acted as a director of exploration and/or various senior geologist positions with companies (as Ressources minières Coleraine, GeoNova Explorations, Gestion S.R.C. Inc., Groupe Minier O, Mines Camchib, Campbell Resources Inc.) in Abitibi and the Chibougamau area.

Two stock Options were granted in favor of two officers (Vice-president Operations – Mr. Claude Imbeault and Vice-president Exploration – Mr. André Tremblay) regarding a total of 175,000 reserved shares. Those options, granted at an exercise price of \$0.43 per share and for duration of 10 years, will be vested gradually over a period of 12 months, in a proportion of 25% for each of the next quarters. The first quarter will be vested on August 31, 2009.

An option was also granted in favor of an employee of Métanor, regarding 10,000 reserved shares, at an exercise price of \$0.43 for duration of 10 years. This option will be also vested over a period of 12 months, in a proportion of 25% per quarter.

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Neither 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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