

TSX VENTURE EXCHANGE = MTO

105,807,582 outstanding shares

METANOR DRILLS 9.24 g/t Au over 33m at BARRY PIT IS GROWING AT DEPTH

September 24, 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 Main Zone and the Center Zone located between Zone 43 and the West Zone.

Diamond Drill Hole MB-09-423 was drilled on section 825 E and has intersected close to the surface **9.24 g/t over 33m**, including an intersection of **13.38 g/t over 22.5m**. This gold intersection was obtained between 4.5 m and 37.5 m along the drill hole and shows the lateral continuity of the Center Zone and its gold bearing content between the West Zone and Zone 43.

Diamond Drill Hole MB-09-421 was drilled on section 790 E and intersected mineralization of the Main Zone between 83m and 106.25m along the drill hole, and returned an intersection of **3.85 g/t over 23.25m**, including **7.17 g/t over 10.2m**. This gold intersection obtained to a vertical depth of approximately 65 to 85m **indicates the continuity at depth of the Main Zone**.

The results obtained so far during this campaign which is concentrated mainly on the Center Zone 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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The TSX Venture Exchange does not accept any responsibility for the adequacy or the accuracy of the press release.

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