

VAL-D'OR, QUEBEC--(Marketwired - Jul 29, 2015) - [Metanor Resources Inc.](http://www.metanor.com) ("Metanor") (TSX VENTURE:MTO) is pleased to provide this update of the exploration activities at the Bachelor Mine. The drill located on level 6 has intersected 11.9 g/t of gold over 11.85 meters. The drill holes intersected the veins between levels 6 and 8. The results are in the table below:

Hole No.	From (m)	To (m)	length (m)*	Au grade capped (g/t)	Zone
6-130	145.57	147.07	1.5	8.68	8-H-14
6-131	157.86	158.19	0.33	7.33	8-H-14
6-133	111.5	114.3	2.8	7.86	8-H-14
6-134	146.9	150.9	4	1.87	8-H-14
6-147	114.36	126.21	11.85	11.9	8-H-14
6-148	119.55	120.7	1.15	4.3	8-H-14 Zone B
	127.47	129.62	2.15	3.98	8-H-14 Zone A
6-149	109.6	110.65	1.05	5.2	8-H-14
6-150	121.1	123.8	2.7	7.21	8-H-14
6-152	129.55	134.1	4.55	8.4	8-H-14

\*Core length

These new results indicate the existence of two distinct veins located near each other. The A zone is dipping near 55 degrees, and the B zone is dipping near 90 degrees. The results also confirm a larger enrichment at the contact of the 2 veins in the 8-H-14 zone. (See the longitudinal section for the holes location). A second drill on level 6 targeted the area above the level and the results will be published as they become available.

The true width is between 50 and 85% of the core length obtained in diamond drill holes. The cap-off grade used in the analysis is 51.5 g/T or 1.5 oz Au. The samples were assayed by fire-assay at the Metanor assay lab. The quality control program of the assay results (QA QC) adopted by Metanor includes a minimum of 10% of controlled assays being conducted as well as verification by an independent external assay lab.

A map is available at this address: <http://media3.marketwire.com/docs/1019237-metanor.jpg>

#### Qualified Person

Pascal Hamelin, P.Eng, Vice-president of Operations, is the Qualified Person under NI 43-101, responsible for reviewing and approving the technical information contained in this news release.

#### Cautionary Language and Forward-Looking Statements

This press release includes certain statements that may be deemed "forward-looking statements". All statements in this discussion, other than statements of historical facts, that address future exploration drilling, exploration activities, anticipated metal production, internal rate of return, estimated ore grades, commencement of production estimates and projected exploration and capital expenditures (including costs and other estimates upon which such projections are based) and events or developments that the Company expects, are forward looking statements. Although the Company believes the expectations expressed in such forward looking statements are based on reasonable assumptions, such statements are not guarantees of future performance, and actual results or developments may differ materially from those in forward-looking statements.

Neither the TSX Venture Exchange, nor its Regulation Services Provider accepts responsibility for the adequacy or accuracy of this release.

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