

VAL-D'OR, QUEBEC--(Marketwired - Aug 20, 2015) - [Metanor Resources Inc.](#) ("Metanor") (TSX VENTURE:MTO) is pleased to present an update of the underground exploration activity at Bachelor Mine. The drill located on level 6 has intersected 7.5 g/t over 15.2 meters. The drill hole intersected the vein 8-H-14 between level 6 and level 8. The results are in the table below:

Hole No	From (m)	To (m)	length (m)*	Au grade	Zone capped (g/t)
6-132	99.6	103.7	4.1	4.1	8-H-14
6-136	81.2	89.8	8.6	5.5	8-H-14
	96.1	104.4	8.3	2.6	8-H-14
Including	96.1	98.0	1.9	5.6	8-H-14
6-137	94.1	98.8	4.8	5.4	8-H-14
6-138	103.9	111.3	7.4	6.0	8-H-14
6-156	114.4	129.6	15.2	7.5	8-H-14
6-159	121.7	122.6	0.9	6.4	8-H-14
6-186	98.1	99.6	1.5	2.0	8-H-14

\*Core length

The hole 6-156 confirms the extension of the wide zone below level 8 (See the longitudinal section for the holes location). The development activities are presently within 85 meters from the 8-H-14 sector. In addition, a diamond drill bay is planned on level 8 to drill below toward levels 10 and 12.

The development activities reached the mineralized zone in the 8-H-10 sector. Based on the drill results, the access was planned at the east end of the block. The excavation demonstrated that the vein is continuing to the east further than anticipated. The grade to date is 13.9 g/t over a length of 14 meters. The average width of the ore is 2.2 meters. The vein remains open to the east. Additional drillings are planned to the east to verify the extension.

The true width is between 50 and 75% 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 here: <http://media3.marketwire.com/docs/metanor1022105e.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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