

VAL-D'OR, QUEBEC--(Marketwired - Dec 3, 2015) - [Metanor Resources Inc.](http://www.metanor.com) ("Metanor") (TSX VENTURE:MTO) is pleased to provide this update on its underground exploration drilling program at Bachelor Mine. A drill located on level 8 in the Hewfran sector of Bachelor Mine intersected 6.3 g/t over 4.2 meters (hole 8-109). These holes listed below intersected the H-10 vein below level 8 and confirm the trend at depth. See attached longitudinal figure. A drill is now on level 14 to verify the extension of this trend 300 meters below level 8.

The results are in the table below:

Hole No	From (m)	To (m)	length (m)*	Au grade capped (g/t)
8-104	26.9	30.4	3.4	3.9
8-106	33.0	33.5	0.5	5.6
8-107	32.6	34.5	1.9	7.9
8-108	39.1	42.1	3.0	5.4
8-109	37.1	41.3	4.2	6.3
8-110	44.6	46.2	1.6	6.1
	50.9	52.2	1.4	5.5

*Core length

An image is available at the following link: <http://media3.marketwire.com/docs/1035527e.pdf>.

The true width is between 90 and 95% of the core length obtained in diamond drill holes. The cap-off grade used in the analysis is 31 g/t or 1 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.

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.

421,189,849 outstanding shares

Contact

Ronald Perry, Vice-President
514-262-8286
rperry@metanor.ca