

VAL-D'OR, QUEBEC--(Marketwired - Jan 21, 2016) - [Metanor Resources Inc.](#) ("Metanor") (TSX VENTURE:MTO) is pleased to provide this update on its underground exploration drilling program at Bachelor Mine. The drill located on level 8 in the Hewfran sector of Bachelor Mine intersected 7.5 g/t over 7.2 meters (hole 8-112). The holes listed below intersected the structure of the H-10 vein below level 8 down to level 10.

Hole N°	From (m)	To (m)	length (m)*	Au grade capped (g/t)	True width (estimated)
8-112	57.1	64.3	7.2	7.5	95%
8-113	58.4	59.0	0.6	2.9	90%
8-114	67.2	68.0	0.9	2.6	85%
8-115	80.0	81.2	1.2	6.4	80%

*Core length

Following the confirmation of this extension, the upcoming drilling will focus on both sides of this structure between level 8 and 10, and below level 10. A longitudinal figure is available at the following link:
http://media3.marketwire.com/docs/1040369a_fig1.jpg.

The true width is between 80 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 company utilizes a rigorous, industry-standard, QA/QC program. The samples were assayed by fire-assay at the Metanor assay lab. Blanks, duplicates and certified reference standards are inserted into the sample stream to monitor laboratory performance. 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 ALS-certified assay laboratory in Val d'Or, Quebec. Results of the spot checks were consistent with those reported.

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