

VAL-D'OR, QUEBEC--(Marketwired - Aug 8, 2016) - [Metanor Resources Inc.](#) ("Metanor") (TSX VENTURE:MTO) is pleased to announce it has filed on SEDAR the technical report NI 43-101 updating the mineral resources of the Barry pit as published on June 22nd, 2016.

The report is available on SEDAR under the company's profile and on the company's website at:

www.metanor.ca/wp-content/uploads/2016/03/resources_update_MTO_05Aout2016Final.pdf

Qualified Persons

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 and Forward-Looking Statements

This press release includes certain statements that may be deemed "forward-looking statements".

The potential quantity and grade is conceptual in nature as there has been insufficient exploration to define a mineral resource and it is uncertain if further exploration will result in the target being delineated as a mineral resource. All statements in this discussion, other than those of historical fact, that address future exploration drilling, exploration activities and projected exploration, including costs and other estimates upon which such projections are based, and events or developments that the company expects, are considered forward-looking statements. Although the Company believes the expectations expressed in these 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 forward-looking statements.

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

436,138,249 outstanding shares

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