

VAL-D'OR, QUEBEC--(Marketwired - Sep 6, 2016) - [Metanor Resources Inc.](http://www.metanor.com) ("Metanor") (TSX VENTURE:MTO) is pleased to provide the results of its exploration drilling program recently completed on the Moroy property, located 1 km from the Bachelor mill.

The drilling program aimed to test: i) the lateral and vertical extensions of the «South zone», ii) the continuity of a second structure intersected at depth by the hole MO-16-181, and located approximately 100 meters to the south, and iii) the east contact of the O'Brien intrusive. This program allowed the discovery of a second structure, the continuity to the west of the «181 Structure or Extreme south» and, at least two corridors altered with gold mineralization, were intersected by the drilling program. The only drill hole, MO-16-211, targeting the East contact of the O'Brien intrusive intersected 3.55 g/t Au over 3.66 meters in the lateral extension of historical intersects. The diagram below shows the different structures in relation to the O'Brien intrusive. The 3D modeling aiming to confirm the shape of the different zones, to identify the structural controls and to locate the higher grade enrichment is underway.

The details of the intersections obtained from the drill holes completed in the past weeks are described in the table below:

Hole N°	from (m)	to (m)	length (m)*	grade Au (g/t)	Zone
MO-16-142	183.49	184.31	0.82	2.54	
MO-16-142	188.21	188.82	0.61	2.40	?
MO-16-142	211.29	212.11	0.82	1.10	?
MO-16-142	227.47	233.84	6.37	4.68	South
MO-16-157	388.86	390.11	1.25	0.99	Extreme South
MO-16-181	386.27	387.34	1.07	2.07	?
MO-16-181	462.29	466.65	4.36	6.21	Extreme South
MO-16-181	497.89	498.87	0.98	3.58	New
MO-16-184	363.17	370.48	7.32	1.43	South?
MO-16-184	481.28	481.89	0.61	2.12	South?
MO-16-185	367.89	370.03	2.13	2.35	South?
MO-16-185	486.00	486.89	0.88	9.80	?
MO-16-185	498.74	507.80	9.05	2.98	Extreme South
MO-16-186	414.44	416.81	2.38	1.13	?
MO-16-186	434.89	436.78	1.89	6.57	Extreme South
MO-16-187	18.47	20.30	1.83	1.77	New
MO-16-187	63.79	65.93	2.13	1.68	New
MO-16-187	151.42	152.49	1.07	1.14	South
MO-16-188	16.43	17.22	0.79	6.92	New
MO-16-189	62.39	63.25	0.85	1.19	New
MO-16-189	74.89	79.55	4.66	0.67	New
MO-16-190	60.96	83.58	22.62	2.30	New
MO-16-191	140.21	147.22	7.01	1.13	South
MO-16-192	37.04	44.52	7.48	2.11	New
MO-16-192	123.46	124.80	1.34	1.70	South
MO-16-193	44.59	47.43	2.83	1.24	New
MO-16-193	75.01	75.71	0.70	2.64	South
MO-16-194	130.33	130.94	0.61	0.70	Displaced zone?
MO-16-195	189.89	190.80	0.91	1.47	Displaced zone?
MO-16-196	22.62	23.23	0.61	5.06	New
MO-16-196	31.70	32.61	0.91	8.41	New
MO-16-196	37.61	40.66	3.05	1.54	New
MO-16-196	64.37	67.03	2.65	1.51	South
MO-16-197	116.64	117.92	1.28	3.49	South?
MO-16-197	316.38	318.06	1.68	2.04	Extreme South
MO-16-198	141.24	142.86	1.62	3.20	South?
MO-16-198	211.44	216.87	5.43	1.34	Extreme South
MO-16-200	156.73	157.03	0.30	2.64	Extreme South?
MO-16-200	182.82	183.18	0.37	2.20	Extreme South
MO-16-201	174.65	174.96	0.30	2.00	Extreme South
MO-16-204	190.93	194.58	3.66	3.12	South?
MO-16-205	489.05	490.88	1.83	2.99	Extreme South
MO-16-208	225.55	226.98	1.43	2.03	Extreme South

MO-16-208	242.62	243.90	1.28	0.72	Extreme South
MO-16-211	35.05	36.27	1.22	1.33	O'Brien
MO-16-211	59.74	63.40	3.66	3.55	O'Brien

(*) Core length

Metanor estimates that the mineralized intercepts' true thicknesses reach 40 to 70% of the drill cores. A capping of 31 g/t was used or 1 Au ounce. The Company uses 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, Québec. Results of the spot checks were consistent with those reported.

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.

A map is available at the following address: <http://media3.marketwire.com/docs/Metanor%20-%20Map.pdf>

436,138,249 outstanding shares

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