

VAL-D'OR, QUEBEC--(Marketwired - Sep 8, 2016) - [Metanor Resources Inc.](#) ("Metanor") (TSX VENTURE:MTO) is pleased to announce the beginning of an 8,000 meter drill campaign on its Barry property. The objective is to increase the mineral resources around the pits at Barry and to increase their quality by converting mineral resources from the inferred category to the indicated category. The last compilation on the pit area showed that the resources are open in many areas.

The second sector targeted by this drill campaign is the sector of the Moss showing, located 7 km north-east of the Barry pit and 4 km south-west of the Windfall deposit (belonging to [Osisko Mining Inc.](#)). The geological context and the structure controlling the deposit extend to this showing. Our drill results from 2014 revealed the presence of gold anomalies near surface on a 3 km stretch extending to the south-west. The new drill holes will target the extensions of the gold anomalies.

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

Contact

[Metanor Resources Inc.](#)

Ronald Perry

Vice-president

514-262-8286

rperry@metanor.ca