

VAL-D'OR, QUEBEC--(Marketwired - Nov 16, 2016) - [Metanor Resources Inc.](#) ("Metanor") (TSX VENTURE:MTO) is pleased to provide this update on its underground drilling program at the Bachelor Mine.

Drilling continued during the months of October and November in the Hewfran sector below level 10. A longitudinal drawing shows the hole locations. The drill hole results are presented in the table below:

Hole number	from (m)	to (m)	length (m)*	Grade Au (g/t)	Zone
E16-074				Tr	12-H-10
E16-081	50.3	51.7	1.4	1.3	
E16-096	49.7	52.4	2.7	7.8	
E16-097	67.7	70.5	2.8	10.0	
8-170	95.4	99.2	3.84	2.6	
8-175	109.5	114.7	5.21	5.9	
8-177	95.9	97.2	1.25	14.2	
8-179	110.9	111.5	0.58	8.5	
8-180	114.4	115.5	1.16	5.3	
10-094	73.8	76.3	2.5	15.1	
10-095	50.0	50.6	0.6	11.6	
10-096	76.3	77.3	1.0	9.7	
10-097	64.3	68.1	3.8	13.1	
10-098	88.7	90.0	1.3	3.4	
10-099	76.1	78.9	2.8	12.5	
10-100	68.8	70.7	1.9	5.0	
10-101	85.2	88.3	3.0	14.1	
10-102	61.3	63.7	2.4	1.9	
10-103	54.5	57.2	2.7	19.8	
10-104	52.4	55.0	2.6	7.3	
10-105	46.7	51.2	4.5	8.2	
10-106	61.0	63.0	2.1	8.2	
10-107	66.2	68.7	2.4	5.5	
10-108	51.8	54.1	2.2	11.9	
10-109	53.2	53.8	0.6	3.0	
10-110	61.7	63.7	2.0	4.7	
10-111	59.7	61.5	1.8	6.6	
10-112	86.0	87.2	1.2	6.9	
10-114	50.5	51.6	1.0	2.7	

(*) Core length

The development of a drift on level 12 to access this sector is already underway. In addition, an exploration drift on level 14 is almost completed and will enable the drilling of the extension of this sector below level 12. The diamond drilling below level 12 should begin within the next two weeks.

A map is available at the following address: <http://media3.marketwire.com/docs/1076678a.pdf>

Metanor estimates that the mineralized intercepts' true thicknesses reach 45% to 85% 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.

438,785,949 outstanding shares

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