

TSX-V: MTO
436,194,249 outstanding shares
For immediate release

METANOR INTERSECTS 12.0 g/t Au OVER 3.9 M IN A NEW SECTOR OF THE BACHELOR MINE

October 6, 2016 – Val-d'Or, Quebec, Canada: Metanor Resources Inc. ("Metanor") (TSXV: MTO) is pleased to provide this update on its underground exploration and definition drilling program at Bachelor Mine. Several zones are currently being drilled:

Hole N°	from (m)	to (m)	length (m)*	grade Au (g/t)	Zone
6-233	73.8	75.5	1.6	7.5	6-H-14
6-234	80.0	82.3	2.3	8.1	
6-235	74.7	76.2	1.5	10.6	
6-236	70.1	71.6	1.5	5.7	
6-266	77.9	80.5	2.6	2.2	
6-267	77.9	78.5	0.6	2.2	
6-268	82.9	84.8	1.9	6.3	
6-251	83.1	84.8	1.6	14.2	
6-241	121.4	123.3	1.9	5.9	6-H-12
6-242	117.1	118.7	1.6	9.0	
6-243	116.0	118.9	2.9	5.7	
6-246	105.9	108.8	2.9	12.1	
6-264	114.5	116.6	2.0	3.1	
6-265	105.9	108.8	2.9	12.1	

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6-223	28.3	39.9	11.6	7.1	8-H-06
6-224	16.0	19.1	3.1	4.9	
6-225	13.4	15.9	2.5	5.7	
6-226	12.0	13.0	1.0	2.7	
6-227	32.9	37.3	4.4	9.3	
6-252	42.8	44.2	1.4	4.2	
6-253	47.1	48.0	0.9	5.2	
6-254	48.8	50.3	1.6	5.9	
E16-075	66.0	67.1	1.1	7.4	12-H-10
E16-076	64.0	66.8	2.7	6.3	
E16-077	76.1	78.3	2.2	4.7	
E16-078	61.9	62.5	0.6	7.4	
E16-079	46.3	50.4	4.1	10.3	
E16-080	59.4	60.9	1.6	5.6	
E16-082	62.8	66.7	3.9	12.0	
E16-083	57.9	60.1	2.1	3.7	
14-140	97.2	105.3	8.1	11.8	15-00-03
14-141	63.0	66.5	3.5	6.0	
and	103.5	108.3	4.8	7.7	

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14-143	32.6	35.1	2.4	7.8	15-00-01 and 15-E-01
and	41.8	44.9	3.1	10.6	
14-145	27.7	30.0	2.3	6.5	
and	46.3	48.0	1.7	5.3	
14-146	28.9	33.5	4.6	4.1	
and	86.3	97.8	11.5	3.5	
14-147	44.7	45.3	0.6	5.7	
14-148	56.6	58.6	2.0	3.3	
14-150	40.4	45.7	5.3	11.5	
14-151	49.2	52.3	3.0	16.2	
14-152	34.6	37.0	2.4	18.0	
14-160	29.3	29.9	0.6	3.3	
14-161	14.6	15.9	1.3	5.2	
and	29.4	30.5	1.1	7.2	

(*) Core length

Current and future drilling program

Drill #1 (current):

- Sector 15-0-01 and 15-E-01: Drilling the extension of these stopes at depth toward level 15 of the mine.

Drill #1 (planned):

- Sector 6-H-14: drilling upper section of this stope toward surface to better define the current resource.
- Sector 15-0-04: exploration drilling to assess the potential of this sector below the old stope 14-0-04.

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- Sector 6-H-12 Up: exploration drilling to increase the resource following the high grade obtained above the stope being developed

Drill #2 (current):

- Sector 8-H-06: Drilling to assess the potential to the west below the stope 6-H-04 presently being mined.

Drill #2 (planned):

- Sector 6-B-06 and 8-B06: exploration drilling to assess the potential in this sector of the B vein.

Drill #3 (current):

- Sector 12-H-10: exploration drilling to increase the resource below stope 10-H-10 currently being developed. We plan to drill below level 12 of the mine following the positive results obtained in this drill program. This sector is open at depth.

Metanor estimates that the mineralized intercepts' true thicknesses reach 60 to 65% 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.

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