



Metals Creek moves forward with strong project portfolio, proven management.

Metals Creek Resources Corp. is engaged in the identification, acquisition, exploration and development of mineral resource properties, and presently has mining interests in Ontario and Newfoundland and Labrador. Metals Creek is a Canadian TSX venture exchange listed company incorporated under the laws of the Province of Ontario, is a reporting issuer in Alberta, British Columbia and Ontario, and has its common shares listed for trading on the Venture Exchange under the symbol "MEK". The company has a strong management and board focused on acquiring quality projects and enhancing shareholder value.

Stock Info:

(At September 25, 2009)

Symbol: **TSX-V:MEK**

Issued & Outstanding: **36.39 million**

Share Price: **\$.15**

52 Week Hi/Low: **\$.27/\$.04**

Market Cap: **9.1 million**



Ogden TWP—Goldcorp Option

MEK has formed an option agreement with Goldcorp Gold Mines to earn a 50% interest in the Timmins West Property. Presently an option agreement has been signed to be able to earn a 50% interest in the Ogden Property. The property in Ogden Township covers over 8km of strike length of the Porcupine-Destor Break. Gold production to the east of the MEK option has exceeded 22 million ounces from a number of mines including Goldcorp's Dome Mines, which has produced almost 17 million ounces. Five additional past producers occur along the Porcupine-Destor Break, between the Dome Mine and the Property that has seen past production ranging from 920,000 oz to 2,502,000 oz. The Naybob Mine is located on the optioned property and has past gold production of 50,731 oz. There has been no deeper drilling on the Naybob and a number of shallower intersections to be followed upon.

The Porcupine-Destor Break is represented by a Timiskiming conglomerate and a sheared/alteration zone with smaller felsic intrusive plugs and sills emplaced in the structure. Drilling on the 8 km of strike length of the Porcupine-Destor Break is limited and there are three zones of alteration/gold mineralization outlined. An initial 2000 meter drill program has recently been completed, results include 9.24 g/t Au over 6.61m.

The recently signed option agreement allows for MEK to earn 50% of Goldcorp's interest for exploration expenditures of \$3.1 million over 4 years with staged option and share payments. The property will be then operated as a joint venture at a 50/50 level or at a 70/30 level if Goldcorp exercises a back in right to earn back a 20% interest by completing expenditures of \$4.1 million. MEK is the operator during the earn-in stage and while it holds a 50% or greater interest.

Tillex/Currie-Bowman

MEK has entered into an option agreement with Kinross Gold Corporation on the Currie-Bowman Property, located 54 kilometers east of Timmins Ontario. With the agreement, Metals Creek can acquire 100% of the 60% participating interest currently held by Kinross: the remaining 40% interest is held by Selkirk Metals Holding Corp.

The property is located along an altered felsic fragmental horizon which hosts the Grindstone Creek Occurrence, a Au-Zn sulphide occurrence with a best drill intersection of 2.08 g/t Au over 18.9 meters including 3.95g/t Au, 132g/t Ag and 3% Zn over 2.1 meters.

The Currie-Bowman property is contiguous to MEK's recently purchased Tillex copper deposit. The Tillex deposit was originally discovered in 1973 by Westmin Resources Ltd., where 17 drill holes were completed and the claims were taken to a lease. A non 43-101 near surface resource of 1,338,000 tonnes grading 1.56% Cu was calculated in 1990 on the deposit by Pacifica Resources Ltd.

Metals Creek Resources has recently completed an EM-MAG survey and a 2276m drilled program. Highlights of the drill program include TX08-002 97.05 m down hole intercept (30.95m to 128m) of 1.194% Cu including 37.05m (30.95m to 68m) of 2.583% Cu, TX08-004 81.13m down hole intercept (42.00m to 123.13m) of 1.83% Cu, including 27.00m (53.00 to 80.00m) of 2.73% Cu, and TX08-005 71.49m down hole intercept (51.51m to 123.00m) of 1.29 % Cu, including 34.29m (73.66m to 107.95m) of 2.16% Cu.

Tilt Cove/Betts Cove

The recently acquired Tilt Cove/Betts Cove property lies on the eastern side of the Baie Verte Peninsula in northern Newfoundland. The Baie Verte Peninsula is host to a number of gold and base metal deposits. The Tilt Cove Mine produced a total of 8,160,000 tonnes of ore grading 1% to 12% Cu, and the Betts Cove Mine, reportedly produced 118,500 tonnes of ore grading 10% Cu.

Further gold (copper) exploration is warranted in the Tilt Cove/Betts Cove area, as historical mining and exploration did not focus on gold and much of the property was left un-assayed or under-explored. Included in the MEK land package are non 43-101 compliant historic resources of 80,000 tonnes at 0.06 oz/t gold at surface (mine dump zone) and 1,000,000 tonnes grading 1% Cu (Cliff Zone).

There are also a number of occurrences in the area, including the Mud Pond showing (22.1g/t Au and 3.4% Cu over 0.77m), the Scarp Zone (16.4 g/t Au over 1.1 m and 7.1 g/t Au over 1.0m), the George Showing up to 315.1 g/t Au (9.20 oz/t), the Long Pond showing up to 71.5 g/t (2.09 oz/t), and the Nudulama Zone up to 4.58 g/t Au and 8.7% Cu.

Recent sampling at the Betts Cove area has returned up to 10.0 g/t Au and 18.3% Cu. This area is also host to a NEW PGE DISCOVERY within late gabbroic intrusions with values from 3 samples ranging from 6.6 to 11.4 g/t Pd, 1.15 to 3.0 g/t Pt, up to .155 g/t rhodium as well as 0.93% to 1.86% Cu, 0.25 to 0.93% Ni and 0.04% Co in grab samples. A three meter channel sample across the zone returned the following results:

Sample #	Sample type	Au ppb	Pt ppb	Pd ppb	Rh ppb	Cu %	Ni %	Co ppm
51814	1 meter channel	167	2006	8586	121	0.958	0.592	259
51815	1 meter channel	350	1696	9053	142	1.268	0.997	326
51816	1 meter channel	272	1118	4746	036	0.602	0.394	165

Average across three meters is 1.606 g/t Platinum, 7.461 g/t palladium, 0.263 g/t Gold, 0.943% copper, and 0.661% Nickel.

This is a new target and further work is required.

Dogpaw Lake

MEK has an option to earn a 75% interest in the Dogpaw Lake Gold Property. The Project is located within the Kenora Mining District in Northwestern Ontario. The Property consists of 29 unpatented staked mining claims, distributed over four separate claim blocks, totaling approximately 5500 hectares either owned by MEK or pursuant to the option agreement with Endurance Gold.

The Property lies within the central portion of the east-trending Wabigoon Sub-province and is host to numerous gold occurrences which have seen little or no exploration in the past few years. This portion of the Wabigoon greenstone belt is an emerging gold camp with exciting drill intercepts coming from both Houston Lake Mining and Rainy River Resources. The Corporation has a significant prospective land package in the Cedartree area enabling the Corporation to move this project forward to the drilling stage.

An initial phase of prospecting and mapping by MEK, was performed to help better define known historic gold showings as well as to further evaluate the Property for additional mineralization. A total of 309 samples were collected with assays up to 90,155 ppb gold. This program resulted in the discovery of 3 new gold showings on the Stephens Lake claim block, with assays returned up to 18.56 g/t gold within broad zones of carbonate alteration with associated pyrite mineralization within what is interpreted to be North-South trending structures up to 50m in width. Very little historic work has been performed in the vicinity of the 3 newly discovered gold showings and thus the Corporation is excited about the potential for additional discoveries in the same area.

Within the Stephens Lake claim block, a total of 127 samples were collected, with 40 samples (31.5%) assaying over one gram per tonne gold. Several historic occurrences were visited including the Jenson, Bag and New Dogpaw Occurrences, with assays up to 90.155 g/t Au. Several new gold showings have recently been discovered with assays up to 18 g/t Au.

Metals Creek Management

Sandy Stares, President and CEO

Mr. Alexander (Sandy) Stares has in excess of 12 years experience in mineral exploration, spanning a variety of Canadian geological terrain, from Newfoundland to Northern Manitoba. Mr. Stares was one of the recipients of the PDAC "Bill Dennis Prospector of the Year" Award in March 2007.

Michael MacIsaac, P.Geo., VP Exploration

Mr. MacIsaac brings to Metals Creek Resources over 20 years of exploration and management experience. Mr. MacIsaac's vast experience entails both grass roots and advanced projects across Canada in gold, base metal and PGE environments.

Wayne Reid, P.Geo., VP Corporate Development & Director

Mr. Reid has in excess of 30 years experience in exploration and mining geology, spanning a variety of Canadian geological terrain, from Newfoundland to Northern B.C. and Alaska.

Michael Stares, Director

Mr. Stares has been a successful entrepreneur owning 50% of Stares Contracting Corp. which provides prospecting and development services to the mining and exploration industry. Also a recipient of the "Bill Dennis Prospector of the Year" award at the 2007 PDAC.

Nikolaos (Nick) S. Tsimidis, CFO & Director

Mr. Tsimidis has been a sole proprietor chartered accountant since 1993, and has extensive experience in the public markets. Since February 2005, Mr. Tsimidis has served as CFO of First Canadian Capital Markets, a limited market dealer.

Richard E. Nemis, Director

Mr. Nemis served as the President & CEO of Noront Resources during the discovery of "The Ring of Fire" McFaulds Lake area, north eastern Ontario. Noront funded the exploration and discovery of the Beaver Brook Antimony Mine, Newfoundland. While he as President & CEO of Central Crude, the company discovered developed the Eagle River Gold Mine, Wawa, ON which is currently in production, and also associated with the Moss Lake Deposit.

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