iMETAL Resources Submits Drilling Permits for Next Phase of Exploration at Gowganda West and Ghost Mountain

VANCOUVER, BC / November 23, 2022 / iMetal Resources, Inc. (TSX.V:IMR) (OTC PINK:ADTFF) (FRANKFURT:A7V) ("**iMetal**" or the "**Company**") has submitted new exploration drilling permits for the Company's Gowganda West and Ghost Mountain projects; both lie within the prolific Abitibi Greenstone Gold Belt.

Gowganda West is an exploration-stage gold project about 100 km south-southeast of Timmins, Ontario, contiguous to Aris Gold Corp.'s Juby Project in the Shining Tree Camp of the southern part of the Abitibi Greenstone Gold Belt; contiguous also with the Knight project that is part of the Strategic Partnership between Orefinders Resources Inc. and Agnico Eagle. iMetal has just recently completed a 2611 m drilling program and is expecting assay results imminently. The Property has yielded previous drill results of 30 m @ 0.3 g/t with short intervals up to 6 g/t, trenching results including 27.2 g/t Au, and grab samples including 67.9 g/t Au.

Ghost Mountain is a 220-hectare property, 42 km NE of Kirkland Lake, which lies 5 km directly west of Agnico Eagle's Holt and Holloway Mine and within 1 km of the Porcupine-Destor Fault Zone.

Saf Dhillon, President & Chief Executive Officer, stated: "iMetal is excited to continue exploring for gold in Ontario. Gowganda West offers a uniquely prospective exploration opportunity in close proximity to a multi-million-ounce deposit, and within gold-bearing Abitibi sediments. Ghost Mountain lies in close proximity to the prolific Porcupine-Destor Fault Zone and we are thrilled to take one step closer to our first drill program on the property."

The scientific and technical information contained in this news release has been reviewed and approved by Scott Zelligan, P. Geo (Ontario), VP Exploration of iMetal and a qualified person as defined in National Instrument 43-101.

About iMetal Resources Inc.

iMetal is a Canadian based junior exploration company focused on the exploration and development of its portfolio of resource properties in Ontario and Quebec. One of its Flagship properties Gowganda West, is an exploration-stage gold project that borders the Juby Deposit and is located within the Shining Tree Camp area in the southern part of the Abitibi Greenstone Gold Belt about 100 km south-southeast of the Timmins Gold Camp. The 665-hectare Kerrs Gold deposit comprises a series of gold-bearing pyritized quartz vein replacement breccias with a 2011 historic resource, 90 kilometres ENE of Timmins. The 220-hectare Ghost Mountain property, 42 kilometres NE of Kirkland Lake, lies 5 kilometres W of Agnico Eagle's Holt and Holloway Mine.

ON BEHALF OF THE BOARD OF DIRECTORS,

Saf Dhillon
President & CEO

iMetal Resources Inc.
info@imetalresources.ca
Tel. (604-484-3031)
Suite 550, 800 West Pender Street, Vancouver, British Columbia, V6C 2V6.

https://imetalresources.ca

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SOURCE: iMetal Resources, Inc.