

**FORSYS CONTINUES TO INTERSECT HIGH GRADE URANIUM IN
VALENCIA’S MAIN ZONE**

September 14, 2006, Toronto, Ontario: Forsys Metals Corp. (“Forsys” or the “Company”) is pleased to report analytical results for three additional Main Zone drill holes; VA26-110, VA26-112, and VA26-114, from the Company’s Valencia Uranium deposit (“Valencia”), located in Namibia. Valencia has an initial National Instrument 43-101 (“NI 43-101”) compliant resource of 32 million tonnes grading 0.22 kg/t U₃O₈ (*Greenway, 2005*) and is located 35 km east of Rio Tinto’s operating Rössing Uranium mine (<0.30 kg/t U₃O₈; *Rössing 2005*).

The three holes are part of the Company’s pre-feasibility stage of drilling at Valencia. The drilling component of the program was completed several weeks ago but geological work on the drill core is continuing. Results for the remaining holes, including four holes drilled in the East Zone, will be reported as they are received.

Drill hole VA26-110 intersected two thick zones of uranium mineralization in the central portion of the deposit:

- **29.07 m grading 0.236 kg/t U₃O₈** from 246.47 m to 275.54 m.
(Including 2.91m grading 0.522 kg/t U₃O₈) and,
- **80.45 m grading 0.215 kg/t U₃O₈** from 282.78 m to 363.23 m.
(Including 1.42m grading 0.614 kg/t U₃O₈)

Drill hole VA26-112 intersected a thick zone of uranium mineralization in the central portion of the deposit:

- **84.74 m grading 0.332 kg/t U₃O₈** from 38.35 m to 123.09 m.
(Including 14.12 m grading 0.521 kg/t U₃O₈) and,
(Including 25.73 m grading 0.404 kg/t U₃O₈)

Drill hole VA26-114 intersected uranium mineralization in the north-west central portion of the deposit. This interval is close to the northern edge of the deposit:

- **10.03 m grading 0.231 kg/t U₃O₈** from 42.42 m to 52.45 m.

In addition, the “measured block” reverse circulation (“RC”) drilling program is ongoing with 92 holes (7354 m) of a scheduled 160 holes now complete. A second RC drill rig is now on site and the drilling program should be completed within six to eight weeks.

Analytical results are reported to Forsys by Set Point Laboratories, located in Johannesburg, South Africa. Set Point was unconditionally accredited by the South African National Accreditation System (SANAS) for the uranium pressed pellet technique (M053) on May 4, 2006. Forsys is also managing an intensive quality control program designed to monitor and independently verify the laboratory results.

Rick Bonner, P. Geol., Exploration Manager of Forsys, is the designated Qualified Person responsible for all of Forsys’ exploration programs as well as the person responsible for the contents of this news release.

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