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FORSYS CONTINUES DRILLING AT VALENCIA EXPANDING PIT BOTTOM AND OVERALL RESOURCE

FOR IMMEDIATE RELEASE: JULY 22, 2008

Forsys Metals Corp (“Forsys” or the “Company”) is pleased to announce the third set of percussion drilling results from the 2008 exploration campaign at the Company’s 100% owned Valencia Uranium Deposit (“Valencia”) located in Namibia, Africa. Drilling results demonstrate that the ore body footprint at 325 m depth (380 m elevation) indicates a possible east-west extension of 200 m wide by approximately 500 m long in the north-south direction, as compared to the current pit bottom which is 45 m wide by 75 m long (June 2007 NI 43-101 Technical Report).

Drilling at the Valencia Southwest Zone and Transition Zone has again confirmed additional mineralization further expanding the Valencia resource. The third set of drill hole results in the Southwest Zone and Transition Zone consisted of 13 additional vertical holes, bringing the total to 43 holes (15,050 m). It is notable that all holes in this drilling campaign have exhibited uranium mineralization. Upon completion of the drilling campaign, the Company is expected to deliver a revised reserve and resource calculation in September 2008 along with major components of the feasibility study.

Results from drill holes PD-021 and PD-027 through to PD-030, which were pending from the second set of drill results announced in the Company’s news release dated June 13, 2008, are added to the following table of significant intersections. Refer to the Company’s website at www.forsysmetals.com for the complete set of results to date from the 2008 exploration campaign.

Table 1: Southwest Zone Highlights

Hole	From (m)	To (m)	Interval (m)	Grade (Kg/T eU ₃ O ₈)*
PD-021	168.90	286.40	117.50	0.255
Including	190.10	282.20	92.10	0.293
	308.30	345.80	37.50	0.216
Including	316.80	344.70	27.90	0.248
PD-027	274.70	295.30	20.60	0.178
Including	274.70	292.90	18.20	0.193
	297.40	336.80	39.40	0.157
Including	298.50	314.90	16.40	0.220
PD-028	280.70	350.00	69.30	0.132
Including	320.90	349.40	28.50	0.157

Hole	From (m)	To (m)	Interval (m)	Grade (Kg/T eU ₃ O ₈)*
PD-029	159.70	178.10	18.40	0.151
	199.30	237.10	37.80	0.191
Including	216.10	236.90	20.80	0.231
	253.10	297.50	44.40	0.152
Including	269.60	282.80	13.20	0.262
	300.20	358.10	57.90	0.170
Including	300.50	307.20	6.70	0.231
Including	343.90	356.60	12.70	0.238
PD-030	141.90	300.50	158.60	0.199
Including	198.20	236.90	38.70	0.215
Including	264.90	275.50	10.60	0.198
Including	276.60	300.10	23.50	0.248
	302.40	337.20	34.80	0.147
Including	306.70	309.10	2.40	0.188
Including	316.30	321.70	5.40	0.358
PD-032	141.70	191.40	49.70	0.153
Including	145.90	150.20	4.30	0.179
Including	152.30	157.00	4.70	0.166
Including	181.00	190.40	9.40	0.287
	307.30	338.30	31.00	0.177
Including	307.30	310.70	3.40	0.266
Including	313.90	319.10	5.20	0.207
Including	323.00	334.40	11.40	0.223
PD-034	169.90	190.40	20.50	0.190
Including	170.30	183.70	13.40	0.229
	213.40	350.00	136.60	0.197
Including	200.30	210.40	10.10	0.246
Including	220.30	227.60	7.30	0.480
Including	229.20	233.10	3.90	0.448
	240.40	277.50	37.10	0.211
Including	283.30	290.20	6.90	0.430
	314.00	334.40	20.40	0.202
Including	314.00	322.20	8.20	0.315
	336.00	350.00	14.00	0.180
PD-036	51.30	55.70	4.40	0.131
	149.10	156.80	7.70	0.175
	193.90	243.90	50.00	0.116
Including	232.40	243.50	11.10	0.162
PD-037	28.50	70.50	42.00	0.244
Including	40.70	53.80	13.10	0.322
Including	54.40	60.40	6.00	0.285
Including	61.50	67.90	6.40	0.355
	181.00	309.00	128.00	0.214
Including	185.70	203.40	17.70	0.274
Including	224.80	250.30	25.50	0.268
Including	252.10	259.00	6.90	0.280
	309.90	354.10	44.20	0.141

Hole	From (m)	To (m)	Interval (m)	Grade (Kg/T eU ₃ O ₈)*
PD-038	23.50	60.00	36.50	0.277
Including	34.00	45.00	11.00	0.346
Including	54.50	59.90	5.40	0.363
	156.10	173.90	17.80	0.223
Including	156.10	157.50	1.40	0.377
Including	165.90	173.90	8.00	0.317
	199.70	210.80	11.10	0.245
Including	201.20	208.30	7.10	0.329
	228.00	259.60	31.60	0.230
Including	228.30	237.20	8.90	0.285
Including	247.80	257.80	10.00	0.254
	264.30	323.00	58.70	0.156
PD-041	9.10	66.10	57.00	0.273
	67.50	128.30	60.80	0.199
Including	109.20	123.60	14.40	0.372
	131.10	173.80	42.70	0.215
Including	131.30	144.00	12.70	0.278
	183.30	286.10	102.80	0.171
Including	183.30	194.60	11.30	0.240
Including	250.10	256.60	6.50	0.243
Including	260.20	285.00	24.80	0.203
PD-046	108.00	271.20	163.20	0.145
Including	163.20	194.60	31.40	0.166
Including	194.60	206.00	11.40	0.195
Including	224.00	265.40	41.40	0.150
	281.40	317.00	35.60	0.149
Including	291.00	315.20	24.20	0.167
	318.90	346.30	27.40	0.202
Including	324.30	341.50	17.20	0.235
PD-048	179.50	195.20	15.70	0.154
	210.60	228.10	17.50	0.184
Including	210.60	220.10	9.50	0.257
	246.70	350.00	103.30	0.152
Including	290.90	307.90	17.00	0.228
Including	313.80	316.70	2.90	0.291
Including	341.20	350.00	8.80	0.209

Table 2: Transition Zone Highlights

Hole	From (m)	To (m)	Interval (m)	Grade (Kg/T eU ₃ O ₈)*
PD-035	54.00	65.50	11.50	0.194
	83.90	92.80	8.90	0.199
PD-040	17.60	98.6	81.00	0.221
Including	64.90	71.70	6.80	0.342
Including	82.50	96.60	14.10	0.268
	99.10	207.4	108.3	0.134
Including	187.1	205.3	18.2	0.247
	269.00	275.7	6.70	0.203
PD-043	194.90	205.50	10.60	0.181
PD-051	32.00	71.30	39.30	0.206
Including	32.00	47.40	15.40	0.245
Including	58.60	70.50	11.90	0.242
	71.50	182.50	111.00	0.137
Including	114.70	133.20	18.50	0.185
Including	141.00	150.90	9.90	0.231
Including	158.90	165.00	6.10	0.207
Including	165.70	178.80	13.10	0.211

The results in this news release are reported as equivalent U₃O₈ ("eU₃O₈"). The Company has calculated a correlation between grade thickness product of gamma counts (counts per second) collected by down hole geophysical methods and the grade thickness product of chemical assays from the Company's drill hole library (otherwise known as GT Chem and GT Rad). That correlation has been established with over 100 GT intervals and is used to calculate eU₃O₈ in the percussion drill holes from gamma probe survey with a resulting correlation coefficient of 0.99 (estimation of confidence level).

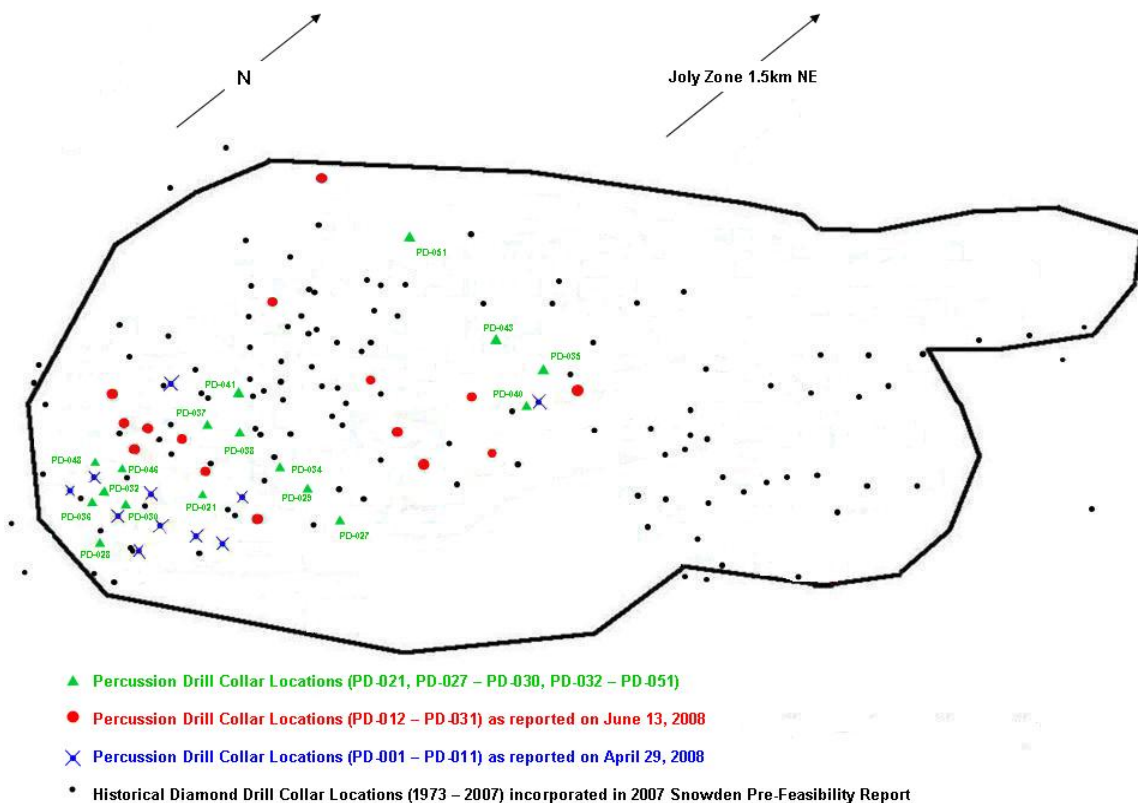


Figure 1 – Schematic Plan View of Pit Surface

Dr. Roger Laine, Chief Geologist 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.

On Behalf of the Board of Directors
of Forsys Metals Corp

Duane Parnham
President and CEO

For further information visit our website at www.forsysmetals.com
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Forward-Looking Information

This press release contains "forward-looking information" including statements and information regarding exploration results. Such forward-looking information reflects the current expectations or beliefs of the Company. Forward-looking information is subject to a number of risks, assumptions and uncertainties that may cause the actual results of the Company to differ materially from those discussed herein, including the possibility that future exploration results will not be consistent with the announced results or the Company's expectations, the resource/reserve and grade of the ore body may not be upgraded, the uncertainties involved in interpreting exploration results and other inherent risks in the mineral exploration and development industry. Such forward-looking information speaks only as of the date on which it is made and, unless required by applicable securities laws, the Company undertakes no obligation to update any forward-looking information, whether as a result of new information, future events or results or otherwise.

The Toronto Stock Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release.