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FORSYS RECEIVES UPDATED NI 43-101 REPORT ON THE VALENCIA URANIUM DEPOSIT, NAMIBIA

June 28, 2007, Toronto, Ontario: Forsys Metals Corp ("Forsys" or the "Company") (TSX:FSY) is pleased to announce it has received an updated National Instrument 43-101 Technical Report ("Report") for the Company's wholly-owned Valencia Uranium Deposit ("Valencia"), located in Namibia, Africa. The Report was provided to Forsys by Snowden Mining Industry Consultants (Pty) Limited ("Snowden"). The Report has been filed with SEDAR at www.sedar.com and a copy is also available from the Forsys corporate website at www.forsysmetals.com.

The Report outlines the Company's continuing efforts focusing on various aspects including pit designs, detailed cost analysis, and metallurgical flow sheets. This effort refines the base case information previously outlined in the Pre-Feasibility Study ("PFS"), reported by Forsys on May 16, 2007.

Duane Parnham, Chairman and CEO stated: "This latest snapshot of the Valencia Deposit represents a significant improvement toward the project's ongoing development. Our continuing analysis consistently demonstrates the financial viability of the Valencia project applying various production scenarios."

A number of important updates outlined in the Report include:

- Resource increased to 164 Mt (measured and indicated) representing 41.4 Mlbs U₃O₈
- Reserve increased to 117 Mt representing 30.64 Mlbs U₃O₈
- Mining rate increased to 13 Mt/yr
- Scheduled U₃O₈ production increased to an average of 2.9 Mlbs/yr during steady state period
- Internal Rate of Return increased to 74%
- Net Present Value (at 8% and pre-tax) increased to US\$420 M
- Capital expenditure increased to US\$223 M (to end of 2009) to facilitate a larger operation

Engineering and exploration programs contributing to the Feasibility Study are continuing. These include activities such as diamond drilling (exploration and geotechnical), detailed plant design, metallurgy and environmental studies.

Mr. Rick Bonner, P. Geol., Exploration Manager of Forsys, is the designated Qualified Person responsible for the Company's exploration programs as well as for the general content of this news release.

Mr. Dag Kullmann, FSAIMM, Engineering Manager of Forsys, is the designated Qualified Person responsible for the reporting of Mineral Reserves and the oversight of Snowden's activities and results.

For further information, please contact Duane Parnham, Chairman of Forsys at +1-416-601-1286 in Toronto or Mr. Rick Bonner, P. Geol., Exploration Manager of Westport Resources Namibian (Pty) Limited at +264 61 219 462.