



“FSY” TSX

Shares Outstanding: 76,838,998

## FORSYS APPOINTS NEW CHIEF FINANCIAL OFFICER

FOR IMMEDIATE RELEASE: MARCH 7, 2008

Forsys Metals Corp. (“Forsys” or the “Company”) is pleased to announce the appointment of Craig Bamford to the executive position of Chief Financial Officer (CFO) effective March 10, 2008. Mr. Bamford is a Chartered Accountant and experienced CFO who brings more than 25 years of finance background relating to project management and controls, financial reporting and controls, treasury and capital management, risk management, due diligence and business development. He has 22 years of experience in the uranium industry and was previously the CFO for Denison Energy Inc., formerly Denison Mines Limited, a major North American uranium producer.

In connection with his appointment, and pursuant to the Company’s stock option plan, Mr. Bamford will be issued 450,000 five year stock options vesting equally over three years at the closing price on the grant date.

Forsys would like to thank Miles Nagamatsu, who has resigned as CFO, for his contribution and wish Miles well as he pursues other business interests.

Duane Parnham, Forsys President & CEO stated “We are delighted to continue to build our senior management team with the appointment of Craig as CFO. Craig brings to the Company financial management expertise and experience, specifically in the uranium industry, which will be invaluable as we progress with the development of the Valencia uranium project in Namibia.”

On Behalf of the Board of Directors  
of Forsys Metals Corp.

Duane Parnham

*President and CEO*

For further information visit our web site at [www.forsysmetals.com](http://www.forsysmetals.com)

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