



FSY:TSX

Shares Outstanding: 72,841,755

SIGNIFICANT INCREASES FOR THE VALENCIA URANIUM RESOURCE

March 26, 2007, Toronto, Ontario: Forsys Metals Corp (“Forsys” or the “Company”) is pleased to announce the receipt of an up date of the resource estimation of the 100% owned Valencia uranium deposit, Namibia. This resource estimation is provided to Forsys by Snowden Mining Industry Consultants (Pty) Limited. This estimate forms the basis of the Pre-Feasibility Report due to Forsys shortly.

Table 1: Summary of the Valencia Uranium Mineral Resources

Category	Cut-off U₃O₈ (kg/t)	Tonnes (millions)*	U₃O₈ (kg/t)
Measured	0.08	15.1	0.16
Indicated	0.08	104.2	0.13
Total Measured & Indicated*	0.08	119.3	0.13
Inferred	0.08	56.3	0.12

** The resource is constrained to a depth of 380 m below surface*

The total measured and indicated category can be converted to contained pounds in total metric tonnes using the formula: $119.3 \text{ Mt} \times 0.13 \text{ kg/t} / 0.446 \text{ kg/t}^* = \mathbf{34.77 \text{ million lbs}}$. The above “Measured” category outcrops within the central pit area and it represents the first two years of planned mining.

Overall the resource has increased from the NI 43-101 resource estimation dated 24 October 2005. Changes to the cut-off grade are justified by a number of favourable factors including: simple mineralogy, expected process recovery exceeding 90%, a lack of deleterious minerals and acid consumptive lithologies and the increased price of uranium.

The Company expects the Pre-Feasibility Report to be delivered within the next two to three weeks which outline the mining method, the pit configuration and the method of mineral processing. The study will include a financial analysis with an overall expected accuracy of $\pm 25\%$ based on reasonable assumptions of technical, engineering, operating, environmental and economic factors.

Management will be hosting a conference call on Tuesday March 27, 2007 at 8:00 am (EST). All interested parties are welcomed to join the call using the following the access:

Moderator: Mr. Wayne V. Isaacs

Local Dial-In Telephone number: (416) 695-5806
North American Toll free dial-in number: (800) 273-9672
International Toll free dial-in number: (800) 3276-6333

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.

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 wrn@forsysmetals.com.

** Berkman, C. D.; The Field Geologists Manual, 4th edition, page 377, published by The Australasian Institute of Mining and Metallurgy, Victoria, Australia, 2001.*