



"FSY" TSX

Shares Outstanding: 74,874,204

MARTIN R. ROWLEY AND PAUL MATYSEK APPOINTED INDEPENDENT DIRECTORS OF FORSYS METALS CORP

FOR IMMEDIATE RELEASE OCTOBER 25, 2007

Forsys Metals Corp (the "Company" or "Forsys") is pleased to announce the appointment of Mr. Martin R. Rowley and Mr. Paul Matysek to the Company's Board of Directors. Mr. Rowley will serve as non-executive independent Chairman and Director and Mr. Paul Matysek as a non-executive independent Director. Both appointments are effective from October 22, 2007.

Mr. Rowley currently holds the position of Executive Director, Business Development with First Quantum Minerals Ltd ("FQM") (TSX: FM) (LSE: FQM) a highly successful mining and metals company producing copper cathode, copper concentrate, gold and sulphuric acid from mining operations in Zambia, the Democratic Republic of Congo and Mauritania in Africa. FQM is the largest mid-cap Metals & Mining Equity in the S&P Diversified Mining Index with a current market capitalization of approximately C\$6.6 billion. FQM is also listed on the main Board of the London Stock Exchange.

Mr. Rowley has over 25 years of experience in the mining industry, the past 11 years with FQM since co-founding the company in 1996. He served as FQM's CFO and as a Director until January 2007 when he assumed the role of Executive Director, Business Development.

Mr. Rowley graduated from the University of Western Australia with a Bachelor of Commerce degree in 1975. After starting his career as an accountant working in both Australia and England he joined the Bond Group of Companies in Australia as executive assistant to the Board of Directors in 1980. He left the Bond Group of Companies in 1984 to establish his own consulting and investment company and was involved as a shareholder, Director and Chairman of a number of public resource companies until establishing FQM in 1996.

Mr. Matysek is the former President, CEO and co-founder of Energy Metals Corporation which was recently purchased by Uranium One Inc in a deal valued at over \$1 billion. He is a professional geoscientist with a Masters of Science degree in Geology. With over 25 years of domestic and international experience, he is a recognized entrepreneur and has held senior management and/or director positions with several Canadian firms as well as other natural resource exploration and development companies in addition to Energy Metals Corporation. He is a member of the Association of Professional Engineers and Geoscientists of British Columbia. Mr. Matysek is currently also a non-executive director of Wealth Minerals Ltd.

Following these appointments Mr. Duane Parnham the current Executive Chairman of the Company, will resign as Chairman and remain as CEO, President and Director.

In connection with the Board of Director appointments and ongoing operations, the Company further announces that it has granted an aggregate of 3 million stock options to directors, management and consultants. Each option is exercisable at \$ 3.00 per common share and is exercisable at any time until October 25, 2012.

Forsys CEO, Duane Parnham, stated on the appointments: "I am absolutely delighted that both Mr. Rowley and Mr. Matysek have agreed to join our Board. Both have been extremely successful in the mining industry and bring extensive experience and expertise to the Board and Forsys. Mr. Rowley's exposure and contacts in the mining industry in general and Africa in particular will be invaluable while Mr. Matysek's expertise in the uranium sector will provide additional insight as we continue to develop the Valencia project and other uranium assets 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
Sedar Profile #00008536

CONTACT INFO:

Bruce Hall, Chief Communications Officer
Telephone: (905) 844 4646
Email: bhall@forsysmetals.com

In Namibia
Telephone: +264 61 219 462
Email: wrn@forsysmetals.com

(07-21)