

Triumph Project - More Targets Return High Grade Gold

- ➤ Bald Hill prospect: High grade gold intersected beneath shallow cover defining the western extension of the Bald Hill gold system
 - o 3m @ 4.8g/t Au, 12g/t Ag from 18m
 - o 1m @ 6.5g/t Au, 15g/t Ag, 0.5% Zn from 23m
- ➤ Handbrake Hill prospect: Gold mineralisation in initial drilling highlights >800m of untested strike potential beneath shallow cover
 - o 1m @ 6.1g/t Au, 14g/t Ag, 0.8% Zn from 39m

Metal Bank Limited (ASX: MBK) (MBK or the Company) is pleased to provide the following drilling update for the Bald Hill and Handbrake Hill prospects, Triumph Project in south-east Queensland, Australia. Results have been received at Bald Hill 'west' where six Reverse Circulation ("RC") holes were completed for 552m and at Handbrake Hill where two RC holes were completed for 120m.

At Bald Hill, previous drilling by Metal Bank intersected near surface high grade gold mineralisation including 15m @ 10.3g/t Au. 76g/t Ag, 0.5% Cu from 9m¹. Results from recent RC drilling have intersected further high grade mineralisation defining the western extension of the Bald Hill mineralisation highlighting an additional 200m of strike concealed beneath 3m of cover sediments. Results include 3m @ 4.8g/t Au, 12g/t Ag from 18m (Figure 1). A diamond drilling programme (8 holes) to investigate the down plunge geometry of the Bald Hill mineralisation defined in the central portion of the prospect is expected to be completed in two weeks with results to follow in February.

At Handbrake Hill recent drilling has highlighted a significant underexplored high grade target zone coincident with a northwest trending magnetic low (>800m long) concealed beneath shallow cover sediments. Only three drill holes have been completed on the prospect to date. All have intersected mineralisation including up to 1m @ 6.1g/t Au, 14g/t Ag, 0.8% Zn from 39m in MBK's recent drilling (within a broad mineralised envelope) and 3m @ 10.5g/t Au, 23g/t Ag, 0.6% Zn from 31m from a historical (2007) RC drill hole completed 600m to the southeast on the same magnetic low trend (Figure 1 and Figure 2).

Inés Scotland, Chair of MBK said:

"Metal Bank is entering a very exciting time on the Triumph Project as we continue to expand the gold footprint on our existing targets together with the discovery of high grade mineralisation on new targets. With over 95% of the of the 15km² Triumph gold camp concealed beneath shallow cover, the project is shaping up as a 'first mover' opportunity with scale and importantly high gold grades which are some of the key ingredients to defining a gold project of significance."

¹ MBK ASX 30 June 2016



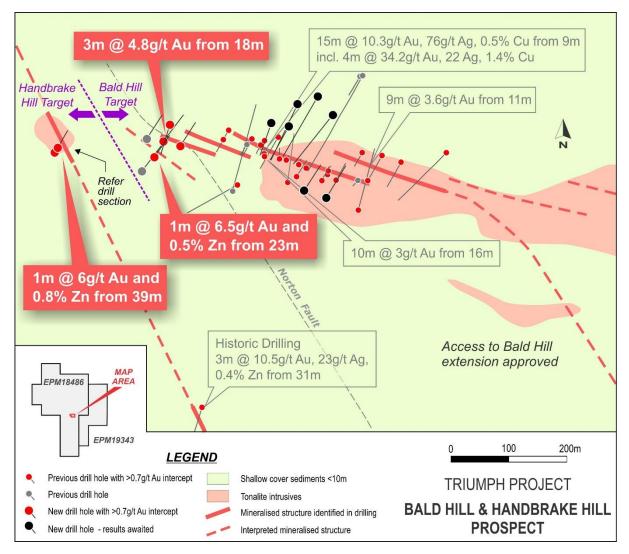


Figure 1: Drill hole plan showing Bald Hill and Handbrake Hill prospects. Refer to Figure 3 showing the location in relation to other priority targets within the Triumph project.

The Bald Hill gold system can now be traced for >2.5km, however 800m of this strike length traverses the northern tip of a National Park ("NP") and is excluded from MBK's tenement. MBK has recently received approval to conduct drilling activities up to the NP boundary after applying to have the previous 300m buffer zone reduced. This now opens up significant untested extensions to the Bald Hill mineralised trend either side of the NP. Historical rock chips on the eastern side of the NP returned high grade gold and silver including up to 180g/t Au and 170g/t Ag reported (1980's exploration) with little exploration follow-up. Four shallow historical drill holes completed on the structure (all now situated within the NP) intersected >1g/t Au results including a best result of 2m @ 6.7g/t Au, 8g/t Ag from 7m. With removal of the buffer, MBK will undertake detailed mapping and surface geochemistry sampling along an additional 5km of the Bald Hill trend representing the first exploration in 30 years to be completed over this underexplored portion of the Bald Hill structure.

Refer to the tables below showing significant drill results from Bald Hill west and Handbrake Hill prospects.



Significant results from the drill programme at Bald Hill west include:

Hole ID	Bald Hill west - Significant Results (0.7g/t Au cutoff)		
TDH089	3m @ 4.8g/t Au, 12g/t Ag from 18m		
TDH090	1m @ 6.5g/t Au, 15g/t Ag, 0.5% Pb, 0.5% Zn from 23m		
TDH092	3m @ 0.9g/t Au, 4g/t Ag from 45m		
TDH093	No Significant Results		
TDH094	1m @ 2.35g/t Au, 6g/t Ag, 0.1% Cu from 8m 1m @ 0.8g/t Au, 2g/t Ag from 21m 2m @ 1.7g/t Au, 4g/t Ag from 45m		
TDH095	No significant Results		

Significant results from the drill programme at Handbrake Hill include:

Hole ID	Handbrake Hill - Significant Results (0.7g/t Au cutoff)			
TDH096	2m @ 1.6g/t Au, 9g/t Ag from 24m			
TDH097	3m @ 1.5g/t Au, 15g/t Ag, 0.2% Zn from 33m			
	1m @ 6.1g/t Au, 14g/t Ag, 0.8% Zn from 39m			
	10m @ 1.2g/t Au, 8g/t Ag, 0.2% Zn from 32m (0.1g/t Au cutoff)			

Drilling completed at Handbrake Hill targeted a small basement window exposed through shallow cover sediments where two rock chip grab samples of weathered/leached mineralisation outcrop returned high grade gold results of 16g/t Au and 13g/t Au. Mineralisation is coincident with an 800m long northwest trending magnetic low interpreted to represent potential hydrothermal alteration. The alteration target (>800m) is concealed beneath shallow cover apart from the small exposure of high grade mineralisation in the basement window. Historical drilling on the southern end of the target returned 3m @ 10.5g/t Au, 23g/t Ag, 0.6% Zn from 31m (2007). The confirmation of high grade mineralisation associated with the Handbrake Hill magnetic low now increases our confidence that other adjacent magnetic lows concealed by shallow cover may represent further untested alteration/mineralisation targets. Additional drilling will be planned on Handbrake Hill as well as testing of other adjacent geophysical targets beneath the shallow cover.



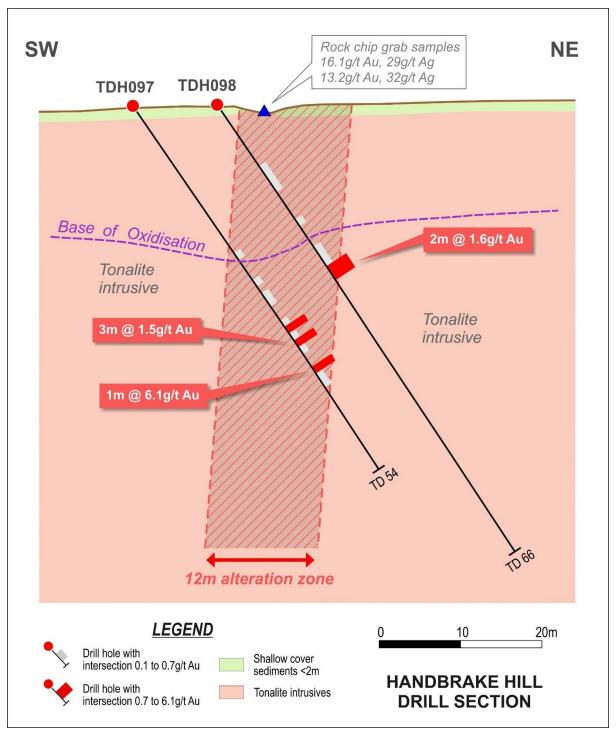


Figure 2: Handbrake Hill drill section looking NW showing 12m wide intensely altered structure associated with a >800m long magnetic low.

Handbrake Hill, Bald Hill and New Constitution prospects represent just three of the current ten high priority prospects within the Triumph gold camp, with the other seven prospects yet to be drill tested. Recent changes to the environmental conditions associated with the Triumph project removing the 300m buffer zone now allow exploration and drilling to be conducted up to the boundary of the National Park situated in the south east of the project.



These changes now open up additional priority targets on the project including the extensions of the Bald Hill mineralisation with further exploration planned in preparation for drilling.

The Triumph gold camp is an intrusion related gold system of the type encountered in a number of large systems in Queensland such as Kidston (3.7Moz Au), Mt Leyshon (3.5Moz Au), Ravenswood (3Moz Au) and Mt Wright (1.3Moz Au). The New Constitution high grade mineralisation (Au-Ag-Zn) and the Bald Hill high grade mineralisation (Au-Ag-Cu) are both interpreted to occur peripheral to the 'mineralising source intrusive'.

Additional RC and diamond drill results from the New Constitution prospect are expected to be finalised in the next week.

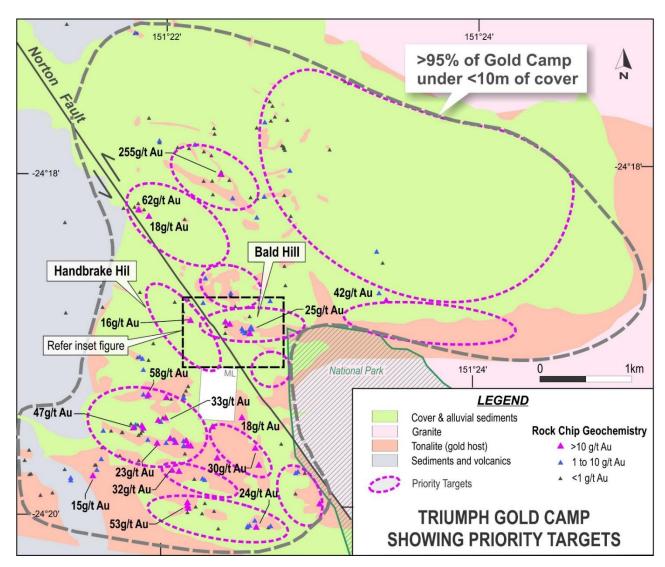


Figure 3: Triumph gold camp showing priority targets and the location of Bald Hill-Handbrake Hill Figure 1.



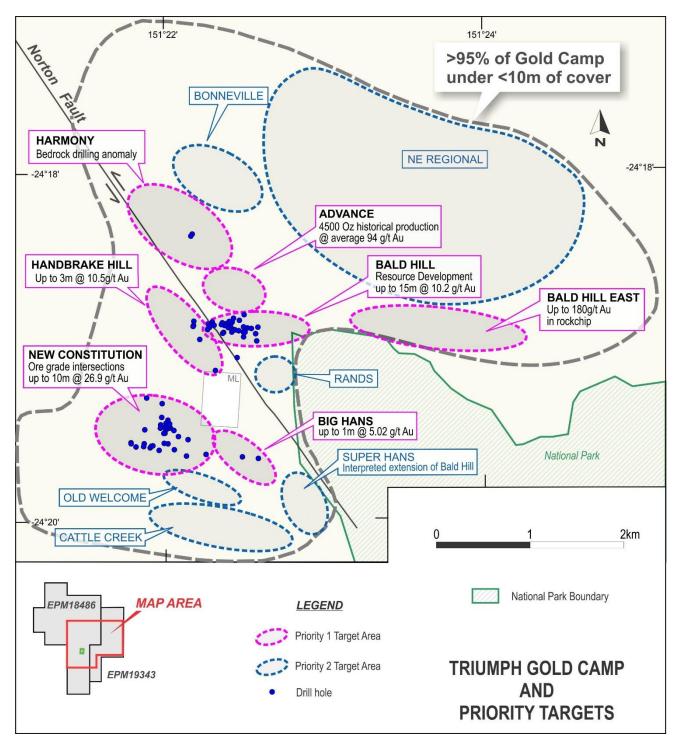


Figure 4: Triumph gold camp showing priority targets and summary results highlights.

For further information contact:

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About Metal Bank

Metal Bank Limited is an ASX-listed minerals exploration company (ASX: MBK).

Metal Bank's core focus is creating value through a combination of exploration success and quality project acquisition. The company's key projects are the Triumph and Eidsvold Gold Projects situated in the northern New England Fold Belt of central Queensland, which also hosts the Cracow (3Moz Au), Mt Rawdon (2Moz Au), Mt Morgan (8Moz Au, 0.4Mt Cu) and Gympie (5Moz Au) gold deposits.

The company has an experienced Board and management team that brings regional knowledge, expertise in early stage exploration and development, relevant experience in the mid cap ASX-listed resource sector and a focus on sound corporate governance.

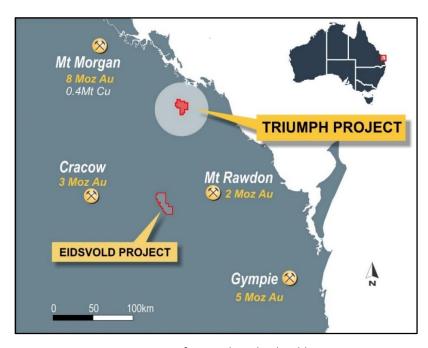


Figure 5: Location of Triumph and Eidsvold projects.



Board of Directors and Management

Inés Scotland (Non-Executive Chairman)

Tony Schreck (Managing Director)

Guy Robertson (Executive Director)

Sue-Ann Higgins (Company Secretary)

Trevor Wright (Exploration Manager)

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the share registry.

Competent Persons Statement

The information in this report that relates to Exploration Results is based on information compiled or reviewed by Mr Tony Schreck, who is a Member of The Australasian Institute of Geoscientists. Mr Schreck is an employee of the Company. Mr Schreck has sufficient experience which is relevant to the style of mineralisation and type of deposit under consideration and to the activity which he is undertaking to qualify as a Competent Person as defined in the 2012 Edition of the 'Australasian Code for Reporting of Exploration Results, Mineral Resources and Ore Reserves'. Mr Schreck consents to the inclusion in the report of the matters based on his information in the form and context in which it applies.

The Exploration Targets described in this report are conceptual in nature and there is insufficient information to establish whether further exploration will result in the determination of Mineral Resources. Any resources referred to in this report are not based on estimations of Ore Reserves or Mineral Resources made in accordance with the JORC Code and caution should be exercised in any external technical or economic evaluation.



JORC Code, 2012 Edition – Table 1

Section 1 Sampling Techniques and Data

(Criteria in this section apply to all succeeding sections.)

Criteria	JORC Code explanation	Commentary			
Sampling techniques	 Nature and quality of sampling (e.g. cut channels, random chips, or specific specialised industry standard measurement tools appropriate to the minerals under investigation, such as down hole gamma sondes, or handheld XRF instruments, etc.). These examples should not be taken as limiting the broad meaning of sampling. Include reference to measures taken to ensure sample representivity and the appropriate calibration of any measurement tools or systems used. Aspects of the determination of mineralisation that are Material to the Public Report. In cases where 'industry standard' work has been done this would be relatively simple (e.g. 'reverse circulation drilling was used to obtain 1 m samples from which 3 kg was pulverised to produce a 30 g charge for fire assay'). In other cases more explanation may be required, such as where there is coarse gold that has inherent sampling problems. Unusual commodities or mineralisation types (e.g. submarine nodules) may warrant disclosure of detailed information. 	 Diamond drilling (DD) and Reverse circulation (RC) drilling was used to obtain samples for geological logging and assaying. Reverse circulation drilling was used to obtain either 1m samples in alteration or 4m composites in unaltered rock. Diamond core was halved with a core saw through zones where alteration and veining was present and sampled at 1m intervals. The drill holes were sited to test geophysical targets/surface geochemical targets as well as previous drilling results RC samples were manually split by a riffle splitter and the splitter cleaned after each interval with a compressed air gun. Core and RC samples were submitted to the laboratory and sample preparation consisted of the drying of the sample, the entire sample being crushed to 70% passing 6mm and pulverized to 85% passing 75 microns in a ring and puck pulveriser. RC samples are assayed for gold by 50g fire assay with AAS finish. Multielement analysis is completed using an ICPAES analysis. Rock chip samples shown may represent float or outcrop grab samples. 			
Drilling techniques	 Drill type (e.g. core, reverse circulation, open-hole hammer, rotary air blast, auger, Bangka, sonic, etc.) and details (e.g. core diameter, triple or standard tube, depth of diamond tails, face-sampling bit or other type, whether core is oriented and if so, by what method, etc.). 	 RC drilling used a 5.5" face sampling RC hammer. Diamond drilling was all HQ3 (triple tube) drill diameter. Diamond drill core is oriented by the use of an Coretell system Some core holes were diamond tails using RC precollars, others are diamond drilled from surface. 			
Drill sample recovery	 Method of recording and assessing core and chip sample recoveries and results assessed. Measures taken to maximise sample recovery and ensure representative nature of the samples. Whether a relationship exists between sample recovery and grade and whether sample bias may have occurred due to preferential loss/gain of fine/coarse material. 	 For diamond core drilling core recoveries are measured by reconstructing core into continuous runs on an angle iron cradle for orientation marking. An average core recovery of greater than 98% has been achieved. No additional measures were required as core recoveries are deemed to be high and samples considered to be representative. For RC sample recoveries of less than approximately 80% are noted in the geological/sampling log with a visual estimate of the actual recovery. Very few samples were recorded with recoveries of less than 80%. No wet RC samples were recovered. No relationship has been observed between sample recovery and grade. 			
Logging	 Whether core and chip samples have been geologically and geotechnically logged to a level of detail to support appropriate Mineral Resource estimation, mining studies and metallurgical studies. Whether logging is qualitative or quantitative in nature. Core (or costean, channel, etc.) photography. The total length and percentage of the relevant intersections logged. 	 Geological logging was carried out on all diamond core and RC chips. This included lithology, alteration, sulphide percentages and vein percentages. For diamond core structure type is recorded along with structural orientation data (alpha and beta measurements) where the drill core is orientated. Geological logging of alteration type, alteration intensity, vein type and textures, % of veining, and sulphide composition. All drill core and RC chip trays are photographed. All drill holes are logged in full. 			



Criteria	JORC Code explanation	Commentary			
Sub-sampling techniques and sample preparation	 If core, whether cut or sawn and whether quarter, half or all core taken. If non-core, whether riffled, tube sampled, rotary split, etc. and whether sampled wet or dry. For all sample types, the nature, quality and appropriateness of the sample preparation technique. Quality control procedures adopted for all sub-sampling stages to maximise representivity of samples. Measures taken to ensure that the sampling is representative of the in situ material collected, including for instance results for field duplicate/second-half sampling. Whether sample sizes are appropriate to the grain size of the material being sampled. 	 RC samples were split using a standalone 87.5%:12.5% riffle splitter. Compressed air was used to clean the splitter after each sample interval. Duplicated samples were collected in visual ore zones and at a frequency of at least 1 in 20. QAQC samples (standards / blanks) were submitted at a frequency of at least 1 in 20. Regular reviews of the sampling were carried out by the Exploration Manager to ensure all procedures were followed and best industry practice carried out. Sample sizes and preparation techniques are considered appropriate. Core is sawn in half with one half taken for sampling and the other retained in core trays identified with hole number, metre marks, and the down hole orientation line. Samples are collected from the same side of the core. A core saw is used for core to provide representative subsamples. Industry standard sample preparation is conducted under controlled conditions within the laboratory and is considered appropriate for the sample types. For diamond core no duplicate or quarter core sampling was completed as part of this programme. The sample sizes are considered to be appropriate for the nature of mineralisation within the project area. Duplicate RC sampling concentrated on potentially mineralised intervals. 			
Quality of data and laboratory tests	The nature, quality and appropriateness of the assaying and laboratory procedures used and whether the technique is considered partial or total. For geophysical tools, spectrometers, handheld XRF instruments, etc., the parameters used in determining the analysis including instrument make and model, reading times, calibrations factors applied and their derivation, etc Nature of quality control procedures adopted (e.g. standards, blanks, duplicates, external laboratory checks) and whether acceptable levels of accuracy (i.e. lack of bias) and precision have been established.	Diamond core and RC samples were assayed using 50g fire assay for gold which is considered appropriate for this style of mineralisation. Fire assay is considered total assay for gold. No geophysical tools, spectrometers or handheld XRF instruments have been used to determine assay results for any elements. Monitoring of results of blanks and standards is conducted regularly. QAQC data is reviewed for bias prior to inclusion in any subsequent Mineral Resource estimate.			
Verification of sampling and assaying	 The verification of significant intersections by either independent or alternative company personnel. The use of twinned holes. Documentation of primary data, data entry procedures, data verification, data storage (physical and electronic) protocols. Discuss any adjustment to assay data. 	 Significant intersections are routinely monitored through review of drill chip and by site visits by the Exploration Manager. Data is verified and checked in Micromine software. No drill holes have been twinned. Primary data is collected via 'tough book' laptops in the field in self-validating data entry forms. Data is subsequently uploaded into a corporate database for further validation/checking and data management. All original files are stored as a digital record. No adjustments have been applied to assay data. 			
Location of data points	 Accuracy and quality of surveys used to locate drill holes (collar and down-hole surveys), trenches, mine workings and other locations used in Mineral Resource estimation. Specification of the grid system used. Quality and adequacy of topographic control. 	 Drill hole collar locations are initially set out (and reported) using a hand held GPS with a location error of +/- 5m. All holes are pegged and will be accurately surveyed (x,y,z) at a later date. Down hole surveys were completed using a "Pathfinder" digital survey system at a maximum interval of 30m. Measurements were taken 9m back from the RC hammer and at the mid point of a non magnetic stainless steel rod. All drilling is conducted on the MGA94 Zone 56 grid. A topographic survey of the project area has not been conducted. 			
Data Spacing and distribution	 Data spacing for reporting of Exploration Results. Whether the data spacing and distribution is sufficient to establish the degree of geological and grade continuity appropriate for the Mineral Resource and Ore Reserve estimation procedure(s) and classifications applied. Whether sample compositing has been applied. 	 The drill holes were sited to test surface geochemical targets and were not conducted in a regular grid type pattern. The current drill hole spacing in some locations is of sufficient density to establish geological and grade continuity appropriate for a Mineral Resource. A mineral resource estimate will be considered once further drilling is completed. No sample compositing has been applied. 			



Criteria	JORC Code explanation	Commentary
Orientation of data in relation to geological structure	 Whether the orientation of sampling achieves unbiased sampling of possible structures and the extent to which this is known, considering the deposit type. If the relationship between the drilling orientation and the orientation of key mineralised structures is considered to have introduced a sampling bias, this should be assessed and reported if material. 	 The drill holes were orientated in order to intersected the interpreted mineralisation zones as oblique (perpendicular) as possible. Further diamond drilling information is required to make the assessment on the best orientation of drilling to intersect the mineralisation at this time. Structural observations from limited diamond drilling completed to date high light varying dips and strikes to the mineralisation related to the structural setting. Additional diamond drilling is required to better refine this although the structural data to date suggests that the mineralisation is sub-vertical and the orientation that the drilling was completed is considered appropriate.
Sample security	The measures taken to ensure sample security.	Samples were stored in sealed polyweave bags on site and transported to the laboratory at regular intervals by MBK staff.
Audits or reviews	The results of any audits or reviews of sampling techniques and data.	The sampling techniques are regularly reviewed.

Section 2 – Reporting of Exploration Results

(Criteria in this section apply to all succeeding sections.)

Criteria	JORC Code explanation	Commentary
Mineral tenement and land tenure status	 Type, reference name/number, location and ownership including agreements or material issues with third parties such as joint ventures, partnerships, overriding royalties, native title interests, historical sites, wilderness or national park and environmental settings. The security of the tenure held at the time of reporting along with any known impediments to obtaining a licence to operate in the area. 	 The Triumph project is within EPM18486 and EPM19343, both 100% owned by Roar Resources Pty Ltd a wholly owned subsidiary of Metal Bank Limited. The tenements are in good standing and no known impediments exist. ML80035 (covering an area of 0.2km²) is located within the project area and is excluded from the Metal Bank tenure. Exploration is prohibited within a small area of Category B environmentally protected area as well as a Nation Park shown in Figure 2. The current approved Environmental Authority (EA) allow2 for advanced exploration activities to occur up to the National Park (NP) boundary.
Exploration done by other parties	Acknowledgment and appraisal of exploration by other parties.	 Historical Exploration data was compiled via open file reports including drilling data including AMOCO (1987) and Norton Goldfields 2007. All rock chip data shown was collected by Roar Resources Pty Ltd (100% subsidiary of Metal Bank Limited) Bald Hill prospect contains 7 historical drill holes (RAB hammer) completed by AMOCO in 1987 as well as shallow historical underground mining completed in the early 1900's. No historical production records are available. This report refer to a drill hole completed in 2007. This RC hole was completed by Norton goldfield Limited and reported in Annual Reports for the EPM they help. Historical rock chip sampling referred to in this report was completed by Amoco in 1985-87 and reported in Annual Reports for the EMP they held.
Geology	Deposit type, geological setting and style of mineralisation.	EPM18486 and EPM19343 overlaps the Calliope and Miriam Vale 1:100,000 map sheets. The style of mineralisation intersected is intrusion related gold mineralisation within the northern New England Orogen.



Drill hole information	A summary of all information material to the understanding of the exploration results including a tabulation of the following information for all Material drill holes: a easting and northing of the drill hole collar elevation or RL (Reduced Level – elevation above sea level in metres) of the drill hole collar dip and azimuth of the hole down hole length and interception depth hole length.	Refer Table 2
Data aggregation methods	 In reporting Exploration Results, weighting averaging techniques, maximum and/or minimum grade truncations (e.g. cutting of high grades) and cut-off grades are usually Material and should be stated. Where aggregate intercepts incorporate short lengths of high grade results and longer lengths of low grade results, the procedure used for such aggregation should be stated and some typical examples of such aggregations should be shown in detail. The assumptions used for any reporting of metal equivalent values should be clearly stated. 	 Unless specified otherwise, a nominal 0.7g/t Au lower cut-off has been applied incorporating up to 2m of internal dilution below the reporting cut-off grade to highlight zones of gold mineralisation. Refer Table 1. High grade gold intervals internal to broader zones of mineralisation are reported as included intervals. A nominal 10g/t Au cut-off has been applied to reporting high grade gold intervals contained within broader zones of mineralisation. These are routinely specified in the summary results tables. No metal equivalent values have been used for reporting exploration results.

Criteria	JORC Code explanation	Commentary		
Relationship between mineralisation widths and intercept lengths	 These relationships are particularly important in the reporting of Exploration Results. If the geometry of the mineralisation with respect to the drill hole angle is known, its nature should be reported. If it is not known and only the down hole lengths are reported, there should be a clear statement to this effect (e.g. 'down hole length, true width not known'). 	 The geometry of the mineralisation is not known in enough detail to determine the true width of the mineralisation. Refer Table 1. 		
Diagrams	 Appropriate maps and sections (with scales) and tabulations of intercepts should be included for any significant discovery being reported These should include, but not be limited to a plan view of drill hole collar locations and appropriate sectional views. 	Refer to figures contained within this report.		
Balanced reporting	 Where comprehensive reporting of all Exploration Results is not practicable, representative reporting of both low and high grades and/or widths should be practiced to avoid misleading reporting of Exploration Results. 	All results are presented in figures contained within this report.		
Other substantive exploration data	Other exploration data, if meaningful and material, should be reported including (but not limited to): geological observations; geophysical survey results; geochemical survey results; bulk samples – size and method of treatment; metallurgical test results; bulk density, groundwater, geotechnical and rock characteristics; potential deleterious or contaminating substances.	IP geophysical data presented or discussed in this report was collected by Roar Resources (100% owned by Metal Bank).		
Further Work	 The nature and scale of planned further work (e.g. tests for lateral extensions or depth extensions or large-scale step-out drilling). Diagrams clearly highlighting the areas of possible extensions, including the main geological interpretations and future drilling areas, provided this information is not commercially sensitive. 	Further drilling is warranted and will be planned at both Bald Hill west and at Handbrake Hill prospects.		



Table 2: Drill Hole Details – Bald Hill West and Handbrake Hill Prospects

Hole ID	GDA94 E	GDA94 N	Azim	Dip	Depth	Type
Bald Hill west						
TDH089	334754	7309972	34	-55	102	RC
TDH090	334738	7309944	34	-55	78.5	RC
TDH092	334784	7309963	30	-55	84	RC
TDH093	334725	7309976	30	-55	84	RC
TDH094	334766	7310000	201	-55	102	RC
TDH095	334716	7309920	31	-55	102	RC
Handbrake Hill						
TDH096	334568	7309961	30	-55	66	RC
TDH097	334563	7309952	30	-55	54	RC