

16 November 2005

Minmet's JV Partner Northland Resources Completes Phase 2 Drilling at Barsele Gold Project, Sweden

Cuts 2.4 g/t Au over 41m in hole 008

Minmet plc ("Minmet"), the international mining and exploration company, is pleased to announce drilling results completed by its joint venture, partner Northland Resources Inc. ("Northland")(TSX.V NAU), from the 2005 Central Zone drilling programme at the Barsele gold project in Northern Sweden. This completes the reporting of assays from this year's drilling at Barsele. The results of the program are expected to enhance the current gold resource and provide additional data for an updated NI43-101 compliant resource calculation scheduled to be completed in January 2006.

Highlights from the Drilling Programme Include:

- Hole 007 **32m @ 2.0 g/t Au** within a broader interval of 229m @ 1.1g/t Au
- Hole 008 **41m @ 2.4 g/t Au** within a broader interval of 178m @ 1.26 g/t Au
- Hole 009 **18m @ 2.2 g/t Au** within a broader interval of 196m @ 0.8g/t Au
- Hole 010 **16m @ 2.2 g/t Au** within a broader interval of 91m @ 1.2 g/t Au

(A drill collar location plan is available at www.northlandresourcesinc.com.)

The Barsele Drilling Program consisted of 13 large diameter holes totalling 2,447m, including 6 Reverse Circulation (RC) (133mm diameter) holes and 7 Diamond Core (57mm diameter) holes. The objective of the program was to expand the existing NI43-101 compliant gold resource (reported in March of this year, in a report titled Technical Report Barsele Project Northern Sweden, available on www.sedar.com) and to investigate the effects of using larger diameter drilling on the average gold grades reported in the resource.

Northland considers that the previous use of small diameter core (32 mm) during historical 1986 and 1987 programs may have led to an under-estimation of the average gold grade at Barsele; much of the gold is believed to be present as fine, free particles of electrum averaging less than 40 micron, which may have been under-sampled by the small diameter core. In fact, the current program appears to have:

- a) Successfully demonstrated the existence of significant gold mineralisation beyond the limits of the known resource at the Central Zone, and;
- b) confirmed the potential to increase the average gold grade of the resource once a new NI43-101 compliant resource calculation is completed. Some of the recent holes that were drilled within the limits of the existing gold resource returned

intersections with substantially higher grades than the average grade of the previous resource calculation.

Preliminary Metallurgical Testwork

Northland also commissioned OMAC Laboratories Ltd., Loughrea, Co Galway Ireland to carry out preliminary metallurgical testwork on samples of gold mineralisation from Barsele. Cyanide gold solubility tests were conducted on eleven samples from the Central Zone. The average size of sample used in the test was 913 grams. Samples were ground to 200 mesh, which is a similar grind size to other gold operations in the area.

The test (Au7a Accelerated Active Leach with Leach Aid) indicates high recoveries of cyanide soluble gold, yielding an average gold recovery of approximately 92%. Recoveries for individual tests ranged from 84.9% to 99.4% gold recovery.

Michael Nolan, CEO of Minmet, commenting on these latest results from Barsele said, "the drilling results are extremely encouraging and we look forward to the updated NI43 101 in January and to working with Northland in advancing the Barsele project."

Qualified Person

Vance V. Thornsberry, P.Geol., Vice President of Exploration for Northland Resources, is the Qualified Person as defined in NI43-101, responsible for overseeing the design and execution of the Barsele exploration program.

ALS Chemex Sweden AB, of Pitea, Sweden was responsible for sample preparation and shipment of sample pulps to Vancouver for analysis. ALS Chemex of Vancouver, Canada, using international standards ISO 9001:2000 and ISO 17025:1999 has completed and certified all of Northland Resources' analytical work for the Barsele Project Sweden. Gold analysis was performed using fire assay with an atomic absorption finish "Au-AA26, Ore Grade Au 50g FA-AA finish". In addition to Chemex internal sample preparation and assay QC protocol, Northland maintains a rigorous quality control program consisting of inserting blanks, duplicates and certified standards to the analytical process.

Minmet has granted Northland an earn-in option to acquire 60% of both the Barsele and Norra concessions in Northern Sweden owned by Minmet's wholly owned subsidiary, Barsele Guld AB. This earn-in option which commenced in 2003 covers a period of 36 months and a gross expenditure by Northland of US\$3.5m over both projects.

For further information

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Table 1. Drill results from Northland Resources Inc. Barsele Project Drill Program

Hole No	From	To	Interval (m)*	Grade Au g/t
CDDH 05 007	17	246	229	1.08
includes	111	130	19	2.90
and	177	185	8	2.30
and	205	237	32	2.04
CDDH 05 008	6	184	178	1.26
includes	57	74	17	2.64
	122	163	41	2.35
includes	122	133	11	5.41
CDDH 05 009	63	259	196	0.81
includes	70	80	10	2.41
and	134	152	18	2.20
and	171	181	10	1.56
CDDH 05 010	8.5	20	11.5	1.78
	73	164	91	1.19
includes	73	89	16	2.19
and	108	128	20	1.51
CDDH 05 011	84	88	4	4.29
	177	191	14	3.38
CDDH 05 012	87	105	18	2.09
	170	178	8	2.43
CDDH 05 013	No significant values			
2005 Holes Previously Released (see News release dated October 3, 2005)				
CNTRC05-001	34	38	4	2.5
CNTRC05-002	82	104	22	2.1
CNTRC05-003	37	54	17	2.1
and	63	79	16	2.0
CNTRC05-004	56	63	7	2.1
and	129	133	4	4.8
CNTRC05-005	No significant values			
CNTRC05-006	70	78	8	2.0
and	101	107	6	2.1
and	110	129	19	2.0

**All thirteen holes were angled so the results do not reflect the true thicknesses and depths below surface. True thickness will be less than the intervals shown above and depths below surface will be less than the down hole depths.*

