



METALS CREEK RESOURCES CORP. ANNOUNCES SUCCESSFUL COMPLETION OF SUMMER PROSPECTING PROGRAM, INCLUDING 720 G/T GOLD AT FLINT LAKE

Toronto, October 19, 2009. Metals Creek Resources Corp. (the “Corporation”, TSXV: “MEK”) is pleased to provide an exploration update with regards to its recently completed summer field programs in Ontario and Newfoundland. The update includes additional assay results from prospecting completed on the Corporation's key projects during the summer season.

OGDEN GOLD PROPERTY, TIMMINS, ONTARIO

Prospecting on the Ogden property's Porphyry Hill have confirmed high grade gold from previous prospecting (see News Release July 20, 2009), with follow up grab samples assaying up to 50.6 g/t, 26 g/t, 21.4 g/t and 13.2 g/t gold within a porphyry unit. Assays ranged from 0.005 g/t to 50.6 g/t. Porphyry Hill is one of several high priority drill targets on the Ogden Property. The Corporation is currently planning for its Drill program to commence in November.

DOGPAW LAKE GOLD PROPERTY, CEDARTREE AREA, NW ONTARIO

The Corporation has received additional assay results from the recently completed prospecting program (see News Release Sept. 14, 2009) within the Flint Lake and Bag Lake Area's on its Dogpaw Property. High grade results from grab samples from a quartz stock pile near an historic exploration shaft in the Flint Lake area assayed up to 720 g/t gold. Other results of samples from this rubble pile include 484 g/t, 396 g/t and 206 g/t gold. Assays ranged from 0.006 g/t to 720 g/t gold with significant visible gold being noted in several samples. Further work is required to delineate the extent of mineralization at Flint Lake including line cutting, geological mapping and ground geophysics.

STAGHORN GOLD PROPERTY, SW NEWFOUNDLAND

Prospecting on the Staghorn property has led to the identification of a broad zone of alteration (up to 30 meters in width) with elevated gold values up to 1.6 g/t. This new zone, the Glimmer Lake Prospect, is located approximately 300 meters from a 219 g/t gold high grade float and 7.8 km south west of the main Woods Lake Zone. Anomalous gold mineralization, hosted in wide alteration zones, has now been identified in four separate areas along a 9 km strike length on the Staghorn Property. Only the Woods Lake Zone has had any detailed ground work completed, however geophysics and soil geochemistry is planned on the other targets.

The Corporation is planning for an upcoming 1500 meter drill program on the Woods Lake Zone which is scheduled to begin at the end of October. The Woods Lake Zone consists of a highly altered (silica, albite and sericite) felsic intrusive with associated quartz stockwork and pervasive arsenopyrite and pyrite mineralization. Two historic drill holes across the porphyry style mineralization had intersections of 1.47 g/t gold over 22.5 meters and a second intersection, which collared in the zone, of 0.23g/t gold over 52.9 meters. No other holes have been drilled across the zone which is open in all directions and is defined by an Arsenic and Gold soil anomaly as well as a coincident 1.5 km long magnetic low geophysical response. The upcoming drill program is designed to expand on the two historic intercepts and follow the known mineralization along strike. Metals Creek would like to acknowledge the Government of Newfoundland and Labrador for providing funding assistance under the JCEAP program which will subsidize approximately 50% of the proposed program.

All Assays from the Staghorn and Ogden projects were sent to Eastern Analytical Laboratories in Springdale, Newfoundland. The gold was analyzed using a standard fire assay with an atomic absorption finish. All assays from the Dogpaw Lake Gold Property were sent to Accurassay Laboratories located in Thunder Bay, Ontario. The gold was also analyzed using a standard fire assay with an atomic absorption finish.

Michael Macisaac, P. Geo, VP Exploration for the Corporation and a qualified person as defined in National Instrument 43-101, is responsible for this release, and supervised the preparation of the information forming the basis for this release.

About Metals Creek Resources Corp.

Metals Creek Resources Corp. is incorporated under the laws of the Province of Ontario, is a reporting issuer in Alberta, British Columbia and Ontario, and has its common shares listed for trading on the Exchange under the symbol "MEK". Metals Creek can earn a 50 % interest in the Ogden Gold Property, including the former Naybob Gold mine, located 6 km south of Timmins, Ontario and has a 8 km strike length of the prolific Porcupine-Destor Fault (PDF) that stretches between Timmins Ontario and Val'Dor Quebec. The Corporation is also engaged in the identification, acquisition, exploration and development of other mineral resource properties, and presently has mining interests in Ontario and Newfoundland and Labrador. Additional information concerning the Corporation is contained in documents filed by the Corporation with securities regulators, available under the company's profile at www.sedar.com.

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For further information, please contact:

Alexander (Sandy) Stares, President and CEO
Metals Creek Resources Corp
telephone: (709)-256-6060
fax: (709)-256-6061
email: astares@metalscreek.com