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NEWS RELEASE

**CONSTANTINE EXPANDS AREA OF MASSIVE SULPHIDE
AND REPORTS SIGNIFICANT OFF-HOLE GEOPHYSICAL CONDUCTORS
PALMER COPPER-ZINC VMS PROJECT, ALASKA**

Vancouver, B.C. – Constantine Metal Resources Ltd. (the “Company”) (TSX.V: CEM) is pleased to announce final drill results and preliminary down-hole geophysical data for the 2009 exploration program at the Company’s Palmer copper-zinc-gold-silver rich volcanogenic massive sulphide (“VMS”) project. The 2009 program has successfully expanded the known area of South Wall and RW mineralized zones. This expansion when considered with the down-hole geophysical results has demonstrated the opportunity for continued growth in 2010. The Palmer project is located in a very accessible part of southeast Alaska, 60 kilometres by road from the year-round deep sea port of Haines.

The limited 2009 drill program (10 holes for a total of 4,643 meters) has expanded South Wall zone mineralization by 80 meters along strike, 90 meters vertically down dip, and 40 meters up dip, for **a total horizontal strike length of 380 meters and a total vertical extent of 410 meters**. The latest drill results include the deepest South Wall copper-rich intersection drilled to date in **CMR09-28 that grades 3.55% copper, 4.79% zinc, 0.28 g/t gold and 80.1 g/t silver over 2.29 meters**. Drill Hole CMR-09-30 tested the westernmost part of South Wall Zone 1 and remained in altered footwall rocks with stringer mineralization. A large off-hole geophysical anomaly in CMR09-30 is believed to represent a 100 meter extension of the thick Zone I mineralization and suggests that the zone remains open to the west.

The Company has completed mineralogical studies with metallurgical bench marking that will be reported on shortly, and will assist in the calculation of the first NI43-101 compliant resource estimate for the project.

Latest Drill Results

Zone I

New Zone I South Wall intercepts include 5.24 meters of massive barite in hole CMR09-25 grading 0.31 g/t gold and 25.7 g/t silver that is within a wider 16.82 meter intersection of Zone I mineralization grading 0.12% copper, 1.43% zinc, 0.15 g/t gold and 12.5 g/t silver. This intersection is 70 meters down dip and 25 meters east of previously reported hole CMR09-24 (9.1 meters grading 1.89% copper, 5.16% zinc, 0.30 g/t gold and 27.4 g/t silver) and 70 meters west of CMR09-23 (21.3 meters grading 2.76% copper, 0.50% zinc, 0.10 g/t gold and 9.7 g/t silver). A complete tabulation of all South Wall zone results is listed in Table 1, attached to this release.

CMR09-30, a 100 meter step-out to the west of all previous Zone I holes did not cross the zone, but stayed in footwall rocks below the upper limb oxidized RW horizon (see below). Down-hole geophysics detected an off-hole conductor in CMR09-30 over a dip-length of 130 meters and suggests that Zone I is still present 100 meters to the west of all previous drilling. New 2009 Zone I intersections are plotted on an updated long section (posted on the Company's website, www.constantinemetals.com) with the location of the CMR09-30 off-hole response that supports the interpreted continuity of the Zone I massive sulphides another 100 meters to the west.

Zone II & III

Drill hole CMR09-28 intersected South Wall Zone III massive sulphides grading 3.55% copper, 4.69% zinc, 0.28 g/t gold, and 80.1 g/t silver over 2.29 meters. This intercept represents the deepest intersection of copper-rich South Wall massive sulphides drilled to date, and extends South Wall mineralization 50 meters vertically below and 60 meters west of Zone II massive sulphides intersected in previously reported hole CMR09-26 (6.1 meters grading 1.52% copper, 9.17% zinc, 0.18 g/t gold and 18.0 g/t silver). CMR09-31 intersected a 3.4 meter zone of sphalerite- chalcopyrite-pyrrhotite assaying 0.2% copper and 2.0% zinc and is the deepest test of Zone II-III horizon to date, 50 meters down-dip of CMR09-28 and 25 meters east. Good off-hole geophysical responses in both CMR09-28 and CMR09-31 indicate extensions of Zone II-III sulphide mineralization away from these holes.

Drill hole CMR09-27 and CMR09-32 tested Zones II and III, 50 and 130 meters east of CMR09-26 respectively (refer to website long section). CMR09-27 encountered very strong pyritic alteration on the ZoneII-III horizons that contained low base metal values, but displayed a good off-hole geophysical anomaly. CMR09-32 encountered 1.31 meters of 3.13% zinc and 0.06% copper in Zone III, but was abandoned before the Zone II target depth and was not surveyed with down-hole geophysics.

RW Zone

As part of South Wall drilling, some drill holes penetrated oxidized mineralization in the upper gentle dipping limb of the anticline. This mineralization correlates with the RW Zone that includes the 2007 intersection in CMR07-07 (14.0 meters grading 4.09% copper, 7.35% zinc, 0.40 g/t gold, and 50.9 g/t silver) that has not yet been followed up. These intercepts have expanded the area of known RW Zone mineralization and present excellent targets for defining high-grade massive sulphide mineralization down-dip, beyond the limits of near surface oxidation and leaching.

Strongly oxidized and base-metal leached RW zone mineralization grading 0.13% copper, 0.52% zinc, 0.94% lead, 0.39 g/t gold and 74.5 g/t silver over 12.5 meters was intersected in the upper portion of hole CMR09-30. Included is a 2.44 meter sub-interval of higher grade precious metal mineralization grading 0.35% copper, 0.64% zinc, 2.45% lead, 1.03 g/t gold and 178.1 g/t silver. The intersection in CMR09-30 is 90 meters west of similar oxidized and leached RW zone mineralization intersected in previously reported hole CMR09-24 (0.23% copper, 2.83% zinc, 0.57 g/t gold, and 52.5 g/t silver over 9.14 meters).

TDEM (Down-hole) Geophysical Survey

Down-hole 3D Time Domain Electromagnetic (TDEM) surveys were completed on eight of ten holes drilled during the 2009 program. Preliminary field data indicates the survey to be very effective at identifying South Wall zone massive sulphide mineralization. TDEM conductors were observed in every hole surveyed, including several conductors that represent potential new target areas for massive sulphides. One of the most significant anomalies is an off-hole conductor measured in CMR09-30 for a length of more than 130 meters. CMR09-30, the westernmost hole drilled during the 2009 program, appears to have drilled sub-parallel to the South Wall Zone I horizon possibly due to a cross-cutting fault. The large TDEM conductor suggests massive sulphide mineralization is present off-hole. CMR09-30 was drilled 100 meters west of CMR09-24 (9.1 meters grading 1.89% copper, 5.16% zinc, 0.30 g/t gold and 27.4 g/t silver), the westernmost intersection of South Wall Zone I massive sulphide.

A final report following 3D modelling of the data to better determine distance, direction, and size of the conductive bodies is pending. This data will be utilized in designing future phases of drilling at Palmer.

About the Palmer VMS Project

The copper-rich Palmer Project represents one of North America's newest volcanogenic massive sulphide discoveries. Drilling to date has defined the South Wall mineralization 380 meters horizontally along strike, and 410 meters vertically down dip. The South Wall with its three distinctive stratigraphic stacked zones occurs on the steep limb of a large anticlinal fold, and is correlative with the RW that occurs on the shallow dipping upright limb of the fold (see figures at www.constantinemetals.com). The presence of massive sulphide on both sides of the fold indicates a sizeable massive sulphide system, with zones on each limb offering excellent opportunity for further expansion.

About the Company

Constantine has a 100% interest in two exceptional projects located in world class exploration environments where management has strong familiarity and expertise. These include the Palmer Project, where the Company has made a major new copper-zinc-silver-gold discovery in a very accessible part of southeast Alaska, and the Munro-Croesus Project a past producing mine property that yielded some of the highest grade gold ever mined in Ontario.

On Behalf of Constantine Metal Resources Ltd.

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Table 1. Complete List of Significant Drill Intersections

Hole	From (feet)	To (feet)	Width (feet)	Width (meters)*	Cu %	Zn %	Pb %	Ag (g/t)	Au (g/t)	Zone
CMR06-01	338.2	355	16.8	5.12	0.25	11.18	0.14	47.6	0.14	RW Zone
CMR06-02	338.4	341	2.6	0.79	0.04	19.50	0.01	4.7	0.02	RW Zone
CMR06-02	528.5	583	54.5	16.61	0.03	1.20	0.01	0.5	0.01	stringers
CMR07-07	497.2	543.1	45.9	13.99	4.09	7.35	0.22	50.9	0.40	RW Zone
Includes	519	541.8	22.8	6.95	6.83	5.41	0.21	81.3	0.62	RW Zone
CMR07-09	502.1	581.6	79.5	22.56*	1.21	7.15	0.45	55.4	0.78	SW Zone I
Includes	502.1	561	58.9	17.95	1.12	8.04	0.56	66.7	0.95	SW Zone I
CMR08-09	787	798.2	11.2	3.41*	0.16	10.98	0.03	18.2	0.08	SW Zone II
CMR08-10										NSV
CMR08-11	514.7	668.4	153.7	46.85*	1.47	5.50	0.39	25.5	0.44	SW Zone I
Includes	516	635	119	36.27	1.70	5.74	0.47	30.4	0.53	SW Zone I
Includes	529	615.9	86.9	26.5	1.94	6.75	0.59	37.2	0.66	SW Zone I
includes	573.8	603.1	29.3	8.9	4.32	5.21	0.04	36.9	0.85	SW Zone I
CMR08-11	915	991.1	76.1	23.2	1.34	7.43	0.35	91.3	0.70	SW Zone II
Includes	915	974.4	59.4	18.11*	1.61	8.55	0.39	106.3	0.84	SW Zone II
Includes	946	972.6	26.6	8.11	1.63	7.38	0.56	163.0	1.37	SW Zone II
Includes	964.4	972.6	8.2	2.5	2.03	7.27	0.41	369.3	3.52	SW Zone II
CMR08-11	1153.3	1194.6	41.3	12.59*	0.49	6.77	0.15	25.8	0.30	SW Zone III
Includes	1153.3	1177.9	24.6	7.5	0.46	8.19	0.30	30.6	0.24	SW Zone III
CMR08-12										Abandoned
CMR08-13	569	606	37	11.28*	3.14	0.58	0.01	24.7	0.15	SW Zone Ia
Includes	581.2	603	21.8	6.64	4.12	0.69	0.01	34.1	0.20	SW Zone Ia
CMR08-13	685.4	784.9	99.5	30.33*	0.98	1.00	0.02	6.1	0.16	SW Zone Ib
Includes	685.4	724.2	38.8	11.83	1.42	0.74	0.01	7.1	0.23	SW Zone Ib
CMR08-14	580	732.2	152.2	46.39*	2.92	2.98	0.01	17.5	0.20	SW Zone I
Includes	605.4	732.2	126.8	38.65	3.25	3.22	0.01	19.6	0.23	SW Zone I
Includes	612.4	662.3	49.9	15.21	5.22	1.75	0.01	21.1	0.30	SW Zone I
Includes	634.3	662.3	28	8.53	6.52	0.61	0.01	26.4	0.37	SW Zone I
Includes	713.9	732.2	18.3	5.58	1.76	14.36	0.01	40.2	0.21	SW Zone I
CMR08-14	1372	1453	81	24.69*	0.28	1.91	0.31	31.5	0.20	SW Zone II
CMR08-15										NSV
CMR08-16	427	447	20	6.1	1.10	0.05	0.01	0.3	0.03	stringers
CMR08-16	699	714	15	4.57	0.37	0.33	0.01	1.2	0.03	SW Zone I

Hole	From (feet)	To (feet)	Width (feet)	Width (meters)*	Cu %	Zn %	Pb %	Ag (g/t)	Au (g/t)	Zone
CMR08-17	474	480	6	1.83	0.30	10.13	1.39	45.5	0.19	RW Oxide
CMR08-17	1059	1149.3	90.3	27.52*	2.60	3.57	0.17	28.2	0.35	SW Zone I
Includes	1066.7	1132	65.3	19.9	3.24	0.76	0.01	20.1	0.33	SW Zone I
Includes	1066.7	1081.5	14.8	4.51	4.62	0.76	0.01	14.7	0.27	SW Zone I
Includes	1132	1149.3	17.3	5.27	0.84	13.64	0.75	63.8	0.51	SW Zone I
CMR08-17	1633.1	1648.9	15.8	4.82*	0.85	21.62	0.39	19.3	0.04	SW Zone II
CMR08-17	1752.8	1765	12.2	3.72*	0.20	3.85	0.14	21.9	0.22	SW Zone III
CMR08-18	723	728	5	1.52*	1.73	2.60	0.13	40.2	0.32	SW Zone III
CMR08-18	840.4	851.3	10.9	3.32*	2.83	4.66	0.03	23.6	0.43	SW Zone IIa
CMR08-18	915.4	929	13.6	4.15*	0.97	3.87	0.15	10.3	0.10	SW Zone IIb
Includes	915.4	923.3	7.9	2.41	0.74	6.61	0.26	9.7	0.11	SW Zone II
CMR08-19	656.6	783	126.4	38.53*	0.69	7.25	0.18	25.6	0.22	SW Zone II
Includes	656.6	706.7	50.1	15.27	1.13	8.66	0.08	32.4	0.26	SW Zone II
CMR08-20										Abandoned
CMR08-21	578.5	609.6	31.1	9.48*	0.34	2.68	0.16	38.9	0.10	SW Zone III
Includes	604.7	609.6	4.9	1.49	0.83	4.69	0.24	131.6	0.36	SW Zone III
CMR08-21	714.7	735.3	20.6	6.28	0.30	2.85	0.01	3.6	0.04	SW Zone II
Includes	723	735.3	12.3	3.75	0.45	3.89	0.01	4.0	0.04	SW Zone II
CMR08-22	770	868.5	98.5	30.02*	1.97	5.83	0.2	37.8	0.25	SW Zone II
Includes	770	782	12	3.66	1.82	9.81	0.92	81.5	0.32	SW Zone II
Includes	807	831	24	7.32	2.94	6.96	0.21	62.8	0.38	SW Zone II
Includes	846.6	868.5	21.9	6.68	3.43	8.92	0.03	33.9	0.34	SW Zone II
CMR09-23	1157	1227	70	21.34*	2.76	0.50	0.01	9.7	0.10	SW Zone I
Includes	1163.5	1200	36.5	11.13	3.86	0.50	0.01	10.8	0.12	SW Zone I
CMR09-24	467	497	35	9.14	0.23	2.83	0.59	52.5	0.57	RW Oxide
Includes	470.5	487	16.5	5.03	0.22	1.53	0.95	84.9	0.92	RW Oxide
CMR09-24	1043.7	1105	61.3	18.68	1.16	4.15	0.10	30.7	0.30	SW Zone I
Includes	1043.7	1073.4	29.7	9.05*	1.89	5.16	0.02	27.4	0.30	SW Zone I
CMR09-25	488.9	508.5	19.6	5.97	0.10	1.47	0.01	0.5	0.01	Oxide Cu-Zn
CMR09-25	1104	1159.2	55.2	16.82*	0.11	1.41	0.03	13.3	0.16	SW Zone I
Includes	1142	1159.2	17.2	5.24	0.06	0.78	0.04	25.5	0.31	SW Zone I
CMR09-26	909.1	911.5	2.4	0.73	0.05	1.19	0.46	40.3	0.08	SW Zone III
CMR09-26	1052	1072	20	6.1*	1.52	9.17	0.02	18.0	0.18	SW Zone II
Includes	1055.1	1068.2	13.1	3.99	2.09	9.19	0.02	22.0	0.22	SW Zone II
Includes	1059.4	1068.2	8.8	2.68	3.17	8.06	0.02	29.4	0.30	SW Zone II
CMR09-27										NSV
CMR09-28	1148.8	1156.3	7.5	2.29*	3.55	4.69	0.05	80.1	0.28	SW Zone III
Includes	1151.5	1155	3.5	1.07	6.12	5.81	0.03	123.9	0.48	SW Zone III
CMR09-29	65	81.5	16.5	5.03	0.22	1.82	0.01	0.5	0.01	Oxide Cu-Zn
CMR09-29	629	686.8	57.8	17.62	0.02	0.55	0.04	1.7	0.02	stringers
CMR09-30	294	335	41	12.5*	0.13	0.52	0.94	74.5	0.39	RW Oxide
Includes	297	320	23	7.01	0.20	0.42	1.23	104.1	0.57	RW Oxide

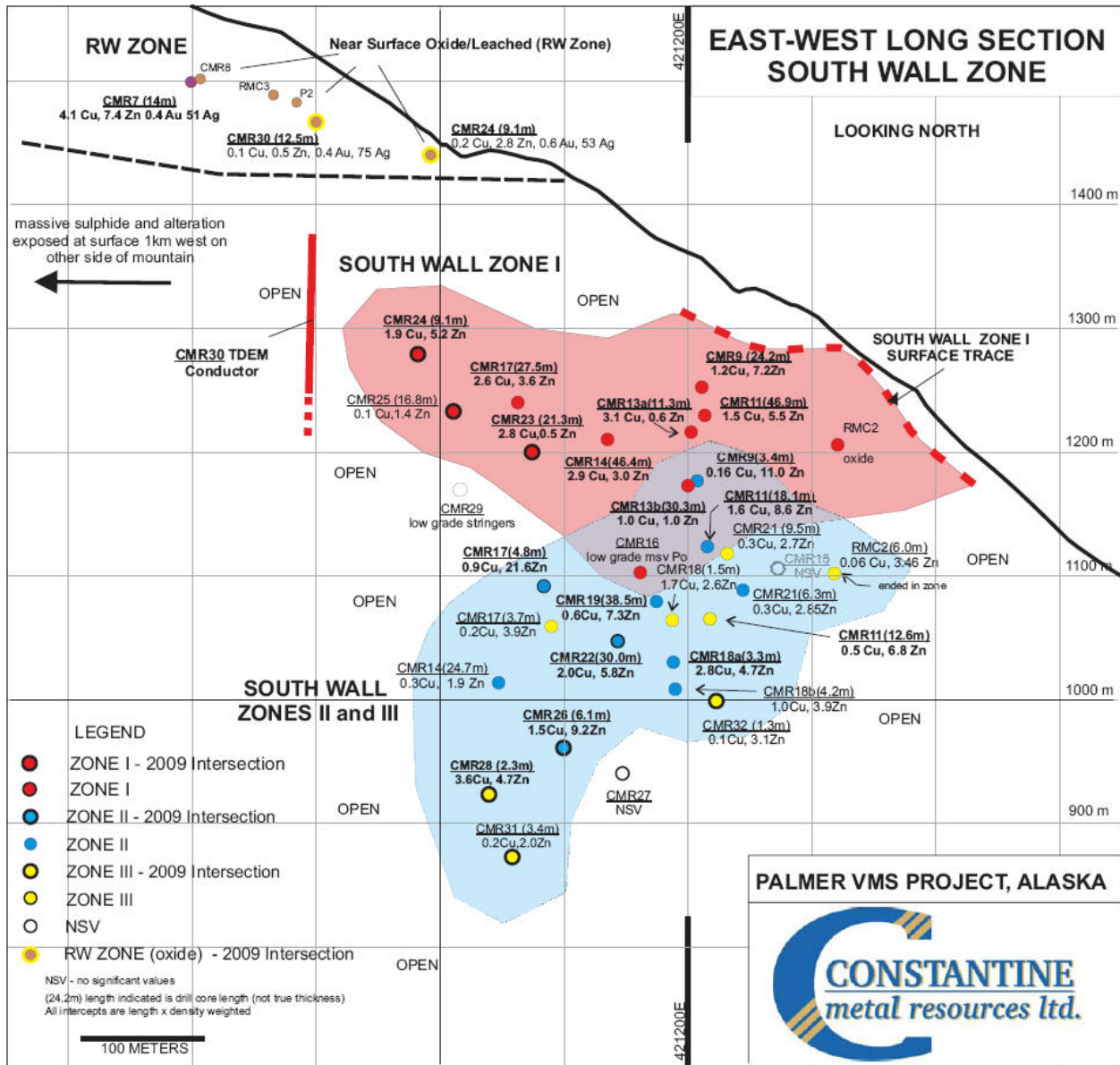
Hole	From (feet)	To (feet)	Width (feet)	Width (meters)*	Cu %	Zn %	Pb %	Ag (g/t)	Au (g/t)	Zone
Includes	302	310	8	2.44	0.35	0.64	2.45	178.1	1.03	RW Oxide
CMR09-30	495	520.7	25.7	7.83	0.13	2.65	0.01	0.6	0.01	Oxide Cu-Zn
CMR09-30	564.3	597	32.7	9.97	0.29	0.34	0.01	2.4	0.04	stringers
CMR09-30	1635	1750	115	35.05	0.02	0.70	0.01	0.5	0.01	stringers
Includes	1635	1650	15	4.57	0.02	2.61	0.01	0.8	0.01	stringers
CMR09-31	1180.5	1191.7	11.2	3.41*	0.18	1.98	0.07	8.7	0.01	SW Zone III
CMR09-32	800.2	804.5	4.3	1.31*	0.06	3.13	0.13	3.2	0.07	SW Zone III

* Denotes intersections used on accompanying long section.

Bold text denotes intervals at >2% copper or >20 meters at >1% copper.

Drill intercepts reported as core lengths are estimated to be 60-95% true width.

Averages are length x density weighted, using density data obtained for each sample within a given interval. Historically the Company has reported length weighted averages. Length x density averages more accurately represent the metal content of a given interval, and is common practice in reporting on massive sulphide deposits which often display a wide range in density. For a comparison between length weighted averages versus length x density weighted averages refer to the Company's website



Notes:

Samples of drill core were cut by a diamond blade rock saw, with half of the cut core placed in individual sealed polyurethane bags and half placed back in the original core box for permanent storage. Sample lengths typically vary from a minimum one foot interval to a maximum 6 foot interval with an average 3 to 5 foot sample length. Drill core samples were shipped directly by air freight from Whitehorse in sealed woven plastic bags to ALS-Chemex laboratories in North Vancouver. ALS Chemex laboratories operate according to the guidelines set out in ISO/IEC Guide 25. Gold was determined by fire-assay fusion of a 30 g sub-sample with atomic absorption spectroscopy (AAS). Various metals including silver, gold, copper, lead and zinc were analyzed by inductively-coupled plasma (ICP) atomic emission spectroscopy, following multi-acid digestion. The elements silver, copper, lead and zinc were determined by ore grade assay for samples that returned values >10,000 ppm by ICP analysis. Density measurements were determined at the project site by Constantine personnel on cut core for each assay sample, with approximately 10% of all samples sent to ALS Chemex laboratories for external verification.

The 2009 exploration program for the Palmer project is managed by Darwin Green, VP Exploration for Constantine Metal Resources Ltd. and a qualified person as defined by Canadian National Instrument 43-101. Mr. Green has reviewed the information contained in this news release and has also verified the analytical data for drill core samples disclosed in this release by reviewing the blanks, duplicates and certified reference material standards and confirming that they fall within limits as determined by acceptable industry practice. The analytical results have also been compared to visual estimates for the base metals to check for any obvious discrepancies between analytical results and the visual estimates.

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Forward looking statements: The news release includes certain "forward-looking information within the meaning of Canadian securities legislation and "forward-looking statements" within the meaning of the United States Private Securities Litigation Reform Act of 1995 (collectively "forward looking statements")." Forward-looking statements include predictions, projections and forecasts and are often, but not always, identified by the use of words such as "seek", "anticipate", "believe", "plan", "estimate", "forecast", "expect", "potential", "project", "target", "schedule", "budget" and "intend" and statements that an event or result "may", "will", "should", "could" or "might" occur or be achieved and other similar expressions and includes the negatives thereof. All statements other than statements of historical fact included in this release, including, without limitation, statements regarding potential mineralization, interpretation of prior exploration and potential exploration results, the timing and success of exploration activities generally, the timing and results of future resource estimates, and future plans and objectives of Constantine are forward-looking statements that involve various risks and uncertainties. There can be no assurance that such statements will prove to be accurate and actual results and future events could differ materially from those anticipated in such statements. Forward-looking statements are based on a number of material factors and assumptions. Important factors that could cause actual results to differ materially from Constantine's expectations include actual exploration results, changes in project parameters as plans continue to be refined, results of future resource estimates, future metal prices, availability of capital and financing on acceptable terms, general economic, market or business conditions, uninsured risks, regulatory changes, defects in title, availability of personnel, materials and equipment on a timely basis, accidents or equipment breakdowns, delays in receiving government approvals, unanticipated environmental impacts on operations and costs to remedy same, and other exploration or other risks detailed herein and from time to time in the filings made by the Company with securities regulators. Although the Company has attempted to identify important factors that could cause actual actions, events or results to differ from those described in forward-looking statements, there may be other factors that cause such actions, events or results to differ materially from those anticipated. There can be no assurance that forward-looking statements will prove to be accurate and accordingly readers are cautioned not to place undue reliance on forward-looking statements.