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MANNING VENTURES COMPLETES AIRBORNE MAG SURVEY AT FLINT LAKE GOLD PROJECT

Vancouver, British Columbia, November 17, 2021 – Manning Ventures Inc. (the "**Company**" or "**Manning**") (CSE: MANN; Frankfurt: 1H5; US: MANVF) is pleased to announce it has completed an airborne magnetic survey at the Flint Lake Gold Project, located 60 kilometers south-southeast of the town of Kenora, in northwestern Ontario.

The high-resolution airborne magnetic survey was completed with a line-spacing of 50 meters on four separate blocks that constitute the Flint Property. A total of 925 line-kilometers were completed.

The high-resolution survey data will be used to target potential linear breaks, faults, prospective units, and altered rocks commonly associated with gold and base metal mineralization in the area, for follow up drill programs.

The Flint Lake project consists of four separate unpatented cell groups referred to as Bag Lake, Dogpaw, Flint Lake and Stephen Lake from west to east respectively, totaling 73 full and boundary cells or 1,712 hectares (see image 1).

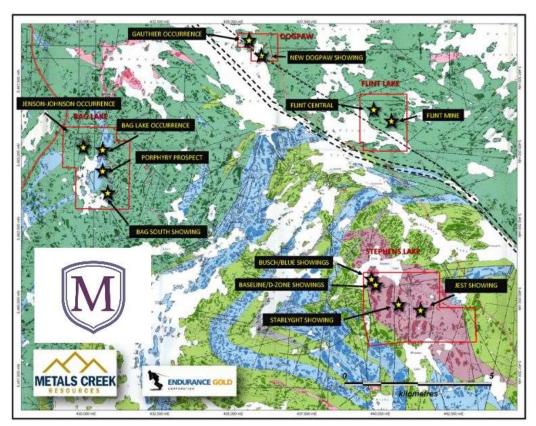


Image 1: Flint Lake Gold Project, Ontario, Canada

High-grade and numerous gold occurrences across the claim blocks have been historically documented, and are summarized below:

Stephens Lake Claims

• Starlyght Zone: channel sampling of 4.22 g/t Au over 10.0m in 2003. Drilling in 2007 reveal 0.77 g/t Au over 33.7m, including 1.178g/t Au over 7.7m in hole DP-07-08

Bag Lake Claims

- Jenson-Johnson Occurrence: grab sample of up to 28.66 g/t Au
- Bag Lake South Occurrence: channel sample results up to 3.73 g/t Au over 2.73m

Flint Lake Claims

- Flint Central Occurrence: channel sample of 7.8 g/t Au over 3.1m. Grab sample of rubble pike from historical trench, with 112.5 g/t Au
- Thomas Edison (Flint Mine) Occurrence: sampling of historical stock-piles reveal an average of 25.05 g/t Au over 10 samples

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Dogpaw Claims

New Dogpaw Occurrence: grab samples up to 23.42 g/t Au

Gauthier Occurrence: grab samples up to 127.8 g/t Au

Neil McCallum, B.Sc., P.Geo., of Dahrouge Geological Consulting Ltd., a Qualified Person as defined by NI 43-101, supervised the preparation of the technical information in this news

release.

About Manning

Manning is a broad-based mineral exploration and development company with a focus in Canada. Manning holds a 100% interest in two mineral properties located in the province of Quebec, namely the Lac Simone Project and the Hope Lake Iron Ore Projects. The Company is also currently earning towards a majority interest in the Squid East Silver-Gold Property, located in

the Yukon, and the Flint Lake Gold Project located in Ontario.

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Neither the Canadian Securities Exchange nor its Regulation Services Provider (as that term is defined in the policies of the Canadian Securities Exchange) accepts responsibility for the adequacy or accuracy of this news release. The Canadian Securities Exchange has not in any way passed upon the merits of the proposed transaction and has neither approved nor

disapproved the contents of this news release.

FORWARD LOOKING STATEMENTS:

Completion of the Acquisition is subject to a number of conditions, including receipt of appropriate regulatory approvals. The Acquisition cannot close until all such conditions are satisfied. There

can be no assurance that the Acquisition will be completed as proposed or at all.

Certain information in this news release may contain forward-looking statements that involve substantial known and unknown risks and uncertainties. Forward-looking statements are often

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identified by terms such as "will", "may", "should", "anticipate", "expects" and similar expressions. All statements other than statements of historical fact included in this news release are forward-looking statements that involve 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. Important factors that could cause actual results to differ materially from the Company's expectations include the failure to satisfy the conditions of the relevant securities exchange(s) and other risks detailed from time to time in the filings made by the Company with securities regulations. The reader is cautioned that assumptions used in the preparation of any forward-looking information may prove to be incorrect. Events or circumstances may cause actual results to differ materially from those predicted, as a result of numerous known and unknown risks, uncertainties, and other factors, many of which are beyond the control of the Company. The reader is cautioned not to place undue reliance on any forward-looking information. Such information, although considered reasonable by management at the time of preparation, may prove to be incorrect and actual results may differ materially from those anticipated. Forward-looking statements contained in this news release are expressly qualified by this cautionary statement. The forward-looking statements contained in this news release are made as of the date of this news release and the Company disclaims any intention or obligation to update or revise such information, except as required by applicable law.