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MANNING VENTURES TO BEGIN EXPLORATION PROGRAM AT THE DIPOLE LITHIUM PROJECT, NEWFOUNDLAND & ENGAGES INVESTOR RELATIONS CONSULTANT

Vancouver, British Columbia, October 20, 2022 – Manning Ventures Inc. (the "**Company**" or "**Manning**") (CSE: MANN; FRA: 1H5) is pleased to announce that it is planning an initial sampling and reconnaissance program at its newly acquired Dipole Lithium Project, located in southern Newfoundland, Canada.

The Company is scheduled to have a team of geologists on the property during the latter half of October to identify and begin sampling pegmatites for Lithium-Cesium-Tantalum type pegmatite-and/or tungsten mineralization.

Dipole is located approximately 50 kilometers along strike of the Sokoman/Benton Kraken Lithium discovery and within the Hermitage Flexure. Sokoman Minerals Corp (TSXV: SIC) and Benton Resources (TSXV: BEX), uncovered a large area of lithium mineralization across an apparent strike length of over two kilometers with surface sampling up to 1.93% Li2O and reconnaissance drilling of up to 8.4 meters over 0.95% Li2O. The Hermitage Flexure is a regional-scale structural corridor containing volcano-sedimentary rock units, which are a favorable host-rocks for spodumene-bearing LCT pegmatites. The Property is host to several positive indicators for lithium mineralization.

Historical work report from 1979 by Falconbridge Mines, while searching for base and precious metals, described the following:

- Aplite dikes containing tourmaline and yellow mica,
- "Spod boulders" which may have been descriptions of spodumene,
- Tungsten, molybdenum, and tin mineralization in boulders that returned up to 1.5% WO3 (with visible scheelite), 100 ppm Mo and 238 ppm Sn. These elements are commonly associated on a regional-scale with LCT-style pegmatites in other areas, and
- Descriptions of "coarse grained megacrystic" granite which intrude the volcanosedimentary belt, which may reflect LCT-style pegmatites.

In addition, a historical mapping campaign of O'Brien and Tomlin (1984), also describe lepidolite, a lithium-bearing mica, associated with the tourmaline-garnet bearing aplite dikes. Lepidolite is a commonly associated mineral at or near spodumene-bearing LCT-style pegmatite(s).

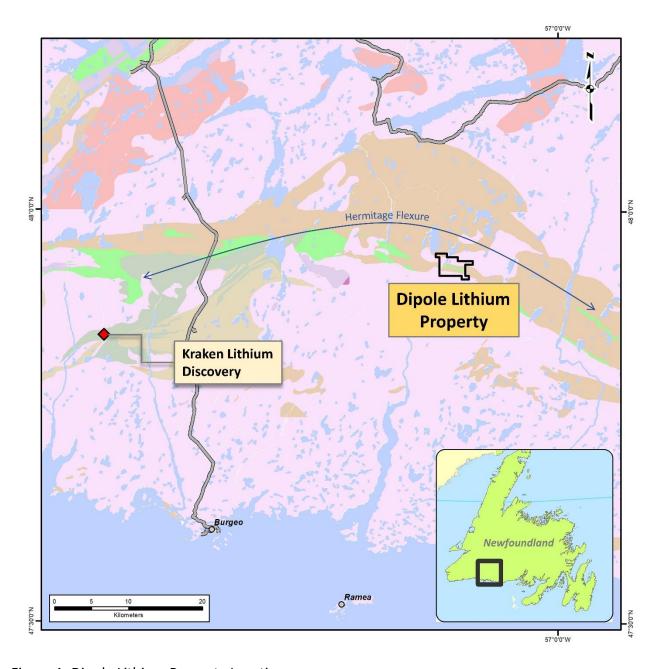


Figure 1: Dipole Lithium Property Location

QP Disclosure

Neil McCallum, B.Sc., P.Geo., of Dahrouge Geological Consulting Ltd., supervised the preparation of the technical information in this news release.

MANNING VENTURES ENGAGES INVESTOR RELATIONS CONSULTANT

The Company is also pleased to announce that it has entered into an agreement (the "Agreement") with Planet Ventures Inc. ("Planet") for the provision of investor relations and communications services to the Company.

Planet is a Vancouver-based investment issuer that trades on the TSX Venture under the symbol "PXI". In addition to its wholly owned subsidiaries and investment portfolio, Planet assists micro, small and mid-cap public companies with market awareness campaigns and helps them gain valued industry exposure through its large network of licensed advisors and institutional investors. Mr. Etienne Moshevich of Transcend Capital Inc. will be providing services for Planet under this contract.

The initial term of the Agreement is for a one-year period subject to renewal or earlier termination by either party under the terms of the Agreement. In consideration for its services, Planet will be paid an annual fee of \$150,000 as follows:

- \$30,000 + GST upon execution of the agreement
- \$10,000 + GST per month each month starting on November 1st, 2022 for twelve consecutive months

Manning also has the option to pay for the remaining of the contract earlier if its management team chooses to do so.

About Manning Ventures

Manning is a broad-based mineral exploration and development company with a focus in Canada. Manning holds a 100% interest in six mineral properties located in the Province of Quebec, namely the Lac Simone Project and the Hope Lake Iron Ore Projects, a portfolio of projects in Newfoundland, and the Bounty Lithium Project, located in Quebec.

For further information contact:

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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 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.