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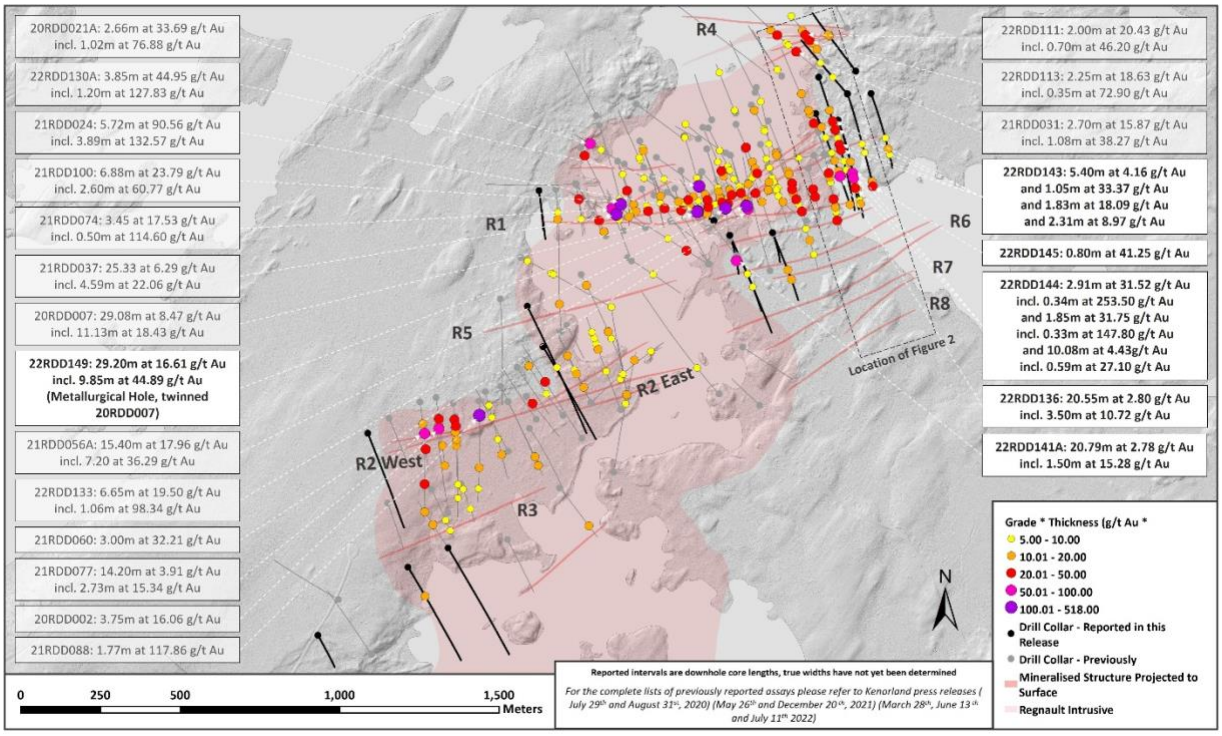
Kenorland Announces 2022 Summer Exploration Results from the Frotet Project, Quebec

Vancouver, British Columbia, November 14, 2022 **– Kenorland Minerals Ltd.** (**TSXV: KLD**) (**OTCQX: KLDCF**) (**FSE:3WQ0**) (**"Kenorland"** or **"the Company"**) is pleased to announce final drill results from the 2022 summer drill program at the **Frotet Project**, ("**the Project**"), located in northern Quebec and held under joint venture ("**the Joint Venture**") with Sumitomo Metal Mining Canada Ltd. ("**SMMCL**"). Assays from 23 drill holes (11,903 meters) completed at Regnault along with 8 drill holes (2,511 meters) completed at Cressida are reported herein. The Company is also pleased to provide an update on its plans for future exploration activities at the Project.

Drill Highlights:

- **22RDD136: 20.55m at 2.80 g/t Au incl. 3.50m at 10.72 g/t Au** at R6 (2022 discovery)
- **22RDD141A: 20.79m at 2.78 g/t Au incl. 1.50m at 15.28 g/t Au** at R7 (2022 discovery)
- **22RDD144: 2.91m at 31.52 g/t Au incl. 0.34m at 253.50 g/t Au** at R5 (2022 discovery)
- **22RDD144: 1.85m at 31.75 g/t Au incl. 0.33m at 147.80 g/t Au** at R6 (2022 discovery)
- **22RDD149: 29.20m at 16.61 g/t Au incl. 9.85m at 44.89 g/t Au** at R1 (Metallurgical drill hole, twinned 20RDD007)

Figure 1. Plan map of Regnault drilling including highlights from the 2022 summer drill program



Zach Flood, President and CEO of Kenorland commented, "the summer drill programs at the Frotet Project were a great success. At Regnault we have extended the R1 system over 100m to the east, for a total of

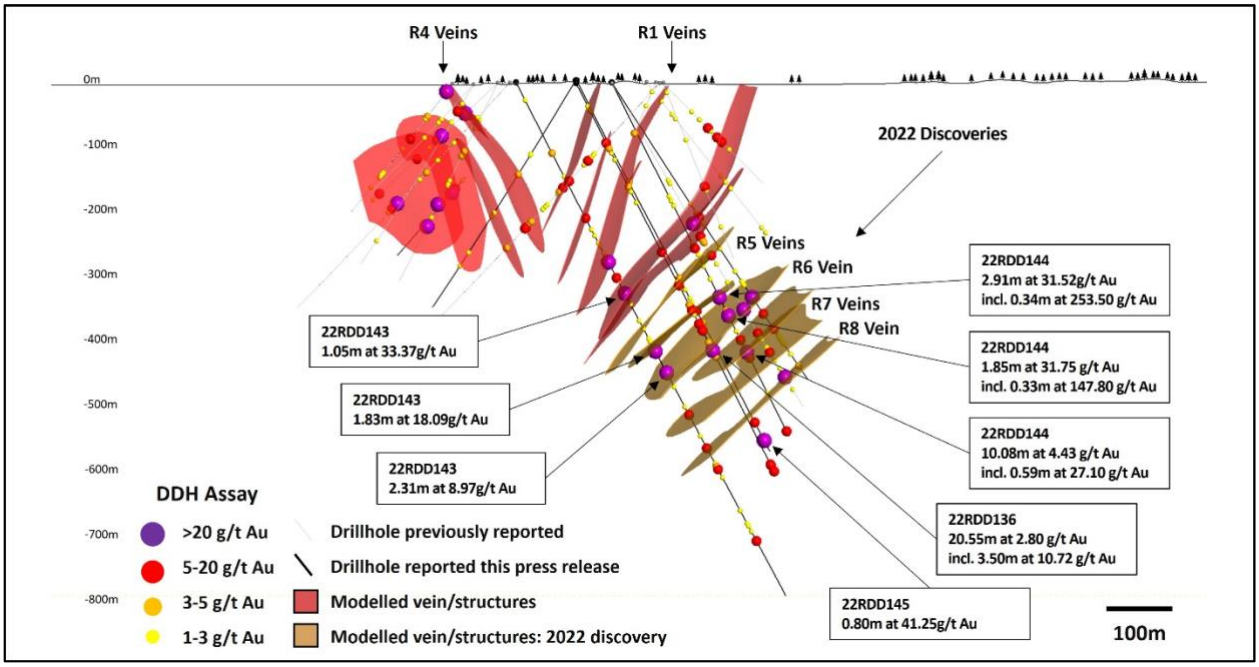
over one kilometer of strike, remaining open. We have also begun to prove continuity along the recently discovered parallel vein structures, including R5, R6, R7, and R8, located just to the south of the R1. At the Cressida Target, our maiden drill program discovered gold mineralisation over three kilometers away and along strike from Troilus Gold's Southwest Zone. We anticipate the next phase of exploration in Q1 2023 to include up to 25,000m of drilling at Regnault which will be primarily focused on additional step-outs on the R1, R5, R6, R7, and R8 veins, as well as deeper drilling to test for additional parallel vein structures."

Regnault Summer Drill Program

11,903m of diamond drilling, including 23 drill holes, was completed at the Regnault discovery. Drilling was mainly concentrated along the eastern margin of the intrusive complex targeting step-outs along the R1 shear zone, the R4 veins, and the newly discovered vein corridors to the south of R1 including the R5, R6, R7 and R8 vein sets.

Along the R1 trend, highlights include hole 22RDD143 which stepped 200m to the east of 22RDD131 (2.90m at 4.75 g/t Au*) and intersected **5.40m at 4.16 g/t Au and 1.05m at 33.37 g/t Au.** Hole 22RDD143 is one the deepest and most eastern drill holes completed to date along the R1 trend. The summer drill program has extended mineralisation at R1 over 100m to the east for a known strike length of 1050m and to depths of 400m, demonstrating the potential for continued extension of high-grade mineralised structures within the east dipping Regnault diorite intrusive.

Figure 2. Cross section through R4, R1, R5, R6, R7 and R8 (220m section thickness; looking east)



Drilling confirmed the eastern continuity of the R5, R6, R7 and R8 shear related quartz-sulphide veins hosting high grade gold mineralisation, which were first discovered during the Winter 2022 drill program. Along the R5 veins, hole 22RDD144 which stepped 200m to the east and up dip of 22RDD121 (2.50m at 7.78 g/t Au**) intersected **2.91m at 31.52 g/t Au including 0.34m at 253.50 g/t Au.** Along the R6 vein, hole 22RDD136 which stepped 100m to the east and down dip of 22RDD135 (2.70m at 8.63 g/t Au

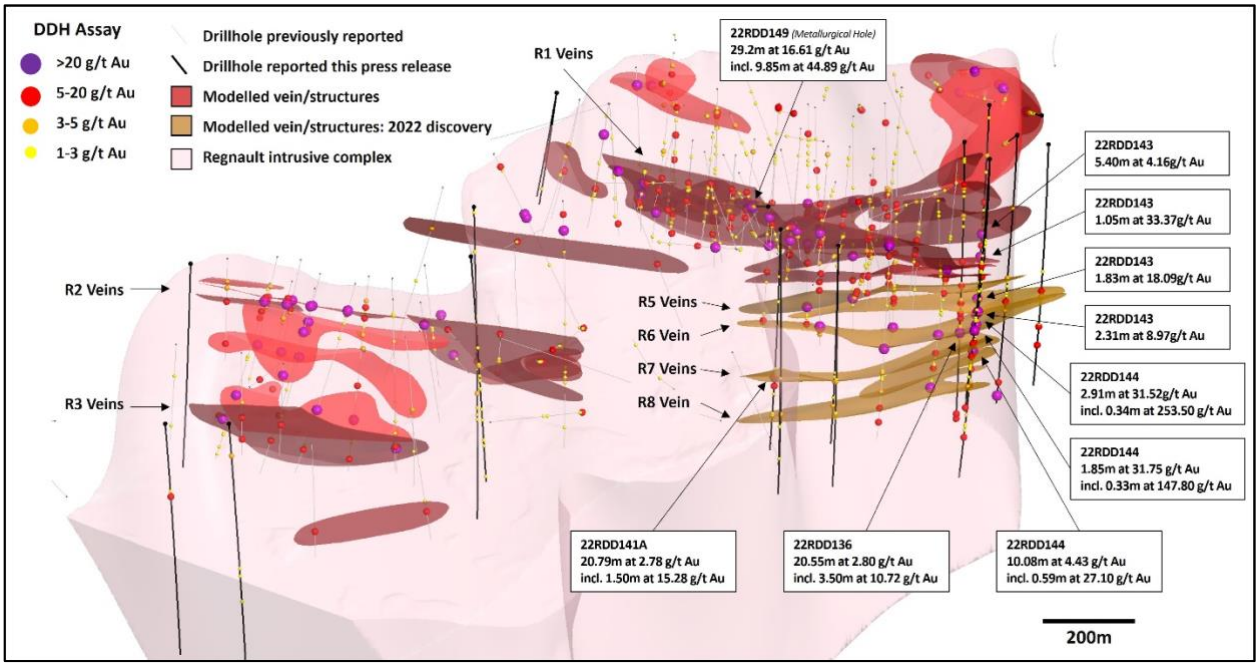
including 0.44m at 37.80 g/t Au*) intersected **20.55m at 2.80 g/t Au including 3.50m at 10.72 g/t Au.** Hole 22RDD144 intersected the R6 vein 70m up dip and further towards the east from 22RDD136 and returned **1.85m at 31.75 g/t Au including 0.33m at 147.80 g/t Au.**

Drilling also extended known high-grade mineralisation towards the west along the R7 and R8 vein sets. Along the R7 vein, hole 22RDD141A which stepped 250m to the west of 22RDD129 (20.20m at 0.99 g/t Au**) intersected **20.79m at 2.78 g/t Au including 1.50m at 15.28 g/t Au.** Drilling completed during the 2022 summer drill program along the recently discovered R5, R6, R7 and R8 vein sets extend the strike length of the mineralised structures to 600m, and to depths greater than 600m, representing the deepest significant mineralisation intersected at Regnault to date, remaining open along strike and at depth.

(* See press release dated July 11th 2022, ** See press release dated June 13th 2022)

Gold mineralisation along R1, R5, R6, R7 and R8 is associated with multiple east-west trending and north-dipping shear zones. Mineralised structures transect both the multiphase Regnault intrusive complex and surrounding volcanic rocks and are defined by zones of moderate-strong strain, biotite-calcite ± silica-chlorite alteration and disseminated pyrite (locally ranging from 3-10%). High grade intercepts are characteristically shear-hosted laminated quartz-carbonate-pyrite veins, often haloed by variably deformed extensional stockwork quartz veining locally containing up to 20% pyrite along with trace chalcopyrite, Au ± Ag tellurides and visible gold.

Figure 3. Oblique view of the entire Regnault system showing modelled vein zones



Cressida Summer Drill Program

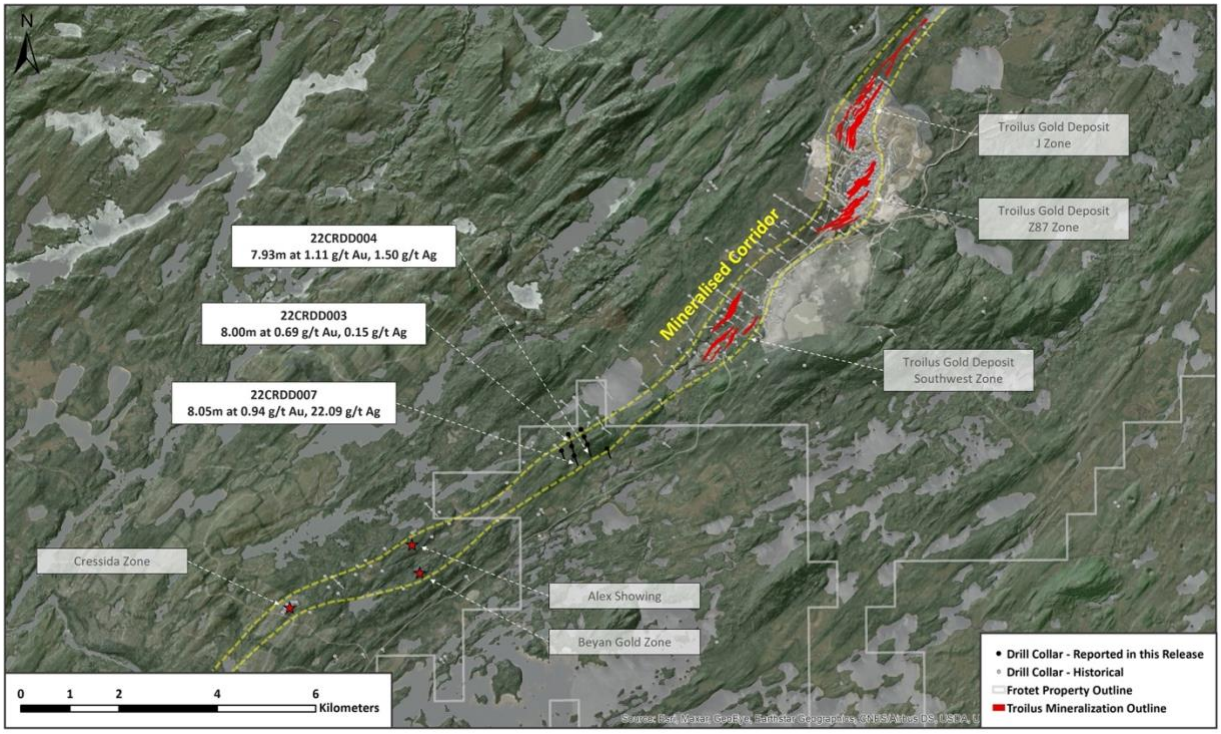
2,511m of drilling between 8 drill holes were completed at the Cressida Target area, located within the northwestern portion of the 39,365 hectare property. The Cressida target is located directly along strike and within the main mineralised corridor hosting the former producing Troilus Gold Mine, currently being explored by Troilus Gold Corp. The Cressida target is located between and along strike of Troilus Gold's

Southwest Zone (2,700m to the northeast) and their recently discovered Beyan Gold Zone (3,000m to the southwest).

Drilling intersected widespread, disseminated to stringer and banded pyrrhotite-pyrite-trace chalcopyrite mineralisation within well foliated mafic and intermediate volcanics, associated with increased biotite-calcite alteration and quartz veinlets. Two drill holes crossed a strongly altered and mineralised mafic-felsic volcanic contact identifying a new mineralised system. Hole 22CRDD004 intersected 7.93m at 1.11 g/t Au and 1.50 g/t Ag, and hole 22CRDD007 located 330m to the southwest of 22CRDD004, intersected 8.05m at 0.94 g/t Au and 22.09 g/t Ag. These results represent a previous untested mineralised horizon within the Cressida area, which is open along strike and at depth for future exploration opportunities.

Upon completion of the Frotet 2022 summer drill program a total of 56,996m has been drilled at Regnault including the initial discovery drill program in early 2020, at Cressida 2,511m was completed during the first pass drill campaign during the 2022 summer drill program. Updating geological models and drill targeting are well underway for the upcoming 2023 winter drill program.

Figure 4. Plan map of Cressida drilling including highlights from the 2022 summer drill program



Regnault Metallurgical Test Work

Preliminary metallurgical test work was initiated with the completion of hole 22RDD149 that twinned the Regnault discovery hole 20RDD007 (29.08m at 8.47 g/t Au including 11.13m at 18.43 g/t Au*) and intersected **29.20m at 16.61 g/t Au including 9.85m at 44.89 g/t Au.** Objectives of the study will include the mineralogical characteristics and assess the preliminary Au-Ag recovery through gravity circuit and cyanide amenability of the Regnault ore. The study will be carried out at the Engineering Dept., Mineral

Resources Division of Sumitomo Metal Mining Co., Ltd. Results will be communicated once the preliminary metallurgical test work has been completed.

(* See press release July 29, 2020)

Exploration Update

The Joint Venture is anticipating an upcoming 2023 winter drill program at Regnault which will include up to 25,000m of diamond drilling. This program will represent the second phase of the fiscal 2022 exploration budget (see press release dated May 3, 2022) and the largest single drill program undertaken on the Regnault discovery to date. Drill targeting will be focussed on broad step-outs to extend the strike length and depth of recently discovered vein sets to the south of the R1 vein system. Priority targets will include stepping out on the R5 veins and testing the 475m gap zone between the R2-R3 shear hosted mineralised veins and the R6-R7-R8 mineralised structures. Drilling is expected to begin late January and continue through March with four drill rigs.

Table 1. Table of results from the 2022 summer drill program

Target Area	Hole ID		From (m)	To (m)	Interval (m)	Au (g/t)	Ag (g/t)	Residual Au (g/t)
Regnault Deposit	22RDD136		102.00	103.50	1.50	13.00	3.30	
		And	176.00	178.85	2.85	1.82	1.15	
		And	290.20	290.60	0.40	13.00	8.10	
		And	341.55	348.40	6.85	1.78	1.15	0.93
		Incl.	347.45	348.40	0.95	7.06	2.50	
		And	409.50	426.50	17.00	0.94	1.05	
		And	**445.70**	**466.25**	**20.55**	**2.80**	**2.91**	**1.18**
		Incl.	**457.95**	**461.45**	**3.50**	**10.72**	**12.11**	
		And	655.75	660.00	4.25	4.38	1.88	
	22RDD137		342.82	351.65	8.83	1.20	1.05	
		And	427.00	440.50	13.50	1.12	0.69	
	22RDD138		351.80	355.10	3.30	2.22	1.25	
		And	467.70	472.02	4.32	1.79	1.30	
	22RDD139					NSV		
	22RDD140					NSV		
	22RDD141A		**422.71**	**443.50**	**20.79**	**2.78**	**2.37**	**1.81**
		Incl.	**434.00**	**435.50**	**1.50**	**15.28**	**8.87**	
	22RDD142		233.50	253.10	19.60	0.89	1.09	
		And	396.96	398.47	1.51	8.43	2.21	2.96
		Incl.	396.96	397.33	0.37	25.30	4.50	
		And	456.49	456.85	0.36	15.40	16.00	
		And	469.74	485.67	15.93	0.76	0.94	
	22RDD143		230.50	234.60	4.10	2.79	2.27	1.23
		Incl.	234.00	234.60	0.60	11.90	11.50	
		And	**305.60**	**311.00**	**5.40**	**4.16**	**2.20**	**1.69**
		Incl.	**310.40**	**310.70**	**0.30**	**46.10**	**16.70**	
		And	337.70	343.30	5.60	1.34	2.35	0.80
		Incl.	337.70	338.25	0.55	6.24	7.40	
		And	**364.95**	**366.00**	**1.05**	**33.37**	**52.57**	
		And	420.00	427.00	7.00	0.75	1.04	
		And	**465.10**	**466.93**	**1.83**	**18.09**	**12.20**	
		And	**501.43**	**503.74**	**2.31**	**8.97**	**3.72**	**3.45**

Target Area	Hole ID		From (m)	To (m)	Interval (m)	Au (g/t)	Ag (g/t)	Residual Au (g/t)
		Incl.	**503.00**	**503.44**	**0.44**	**32.40**	**13.60**	
		And	576.10	579.20	3.10	2.69	4.33	
		And	633.70	635.20	1.50	4.16	2.59	
	22RDD144		**367.96**	**370.87**	**2.91**	**31.52**	**38.09**	**2.16**
		Incl.	**370.13**	**370.47**	**0.34**	**253.50**	**317.00**	
		And	**401.70**	**403.55**	**1.85**	**31.75**	**12.52**	**6.55**
		Incl.	**402.17**	**402.50**	**0.33**	**147.80**	**53.50**	
		And	441.89	446.57	4.68	2.30	2.44	1.61
		Incl.	443.95	444.84	0.89	5.28	5.55	
		And	**465.52**	**475.60**	**10.08**	**4.43**	**6.71**	**3.03**
		Incl.	**465.52**	**466.11**	**0.59**	**27.10**	**44.10**	
	22RDD145		340.62	345.85	5.23	1.50	1.25	
		And	399.30	401.26	1.96	3.10	3.35	1.07
		Incl.	399.85	400.15	0.30	14.30	13.20	
		And	593.50	596.00	2.50	4.38	3.26	1.45
		Incl.	593.50	594.50	1.00	8.79	6.00	
		And	**625.00**	**625.80**	**0.80**	**41.25**	**58.05**	
	22RDD146		214.60	218.79	4.19	3.72	2.46	1.83
		Incl.	216.00	217.50	1.50	7.12	3.86	
		And	223.71	225.50	1.79	6.65	5.72	1.03
		Incl.	224.14	224.58	0.44	23.90	20.20	
		And	228.50	229.00	0.50	10.20	11.60	
	22RDD147		368.50	371.20	2.70	2.81	0.96	1.32
		Incl.	369.00	369.30	0.30	14.70	2.20	
		And	455.44	459.00	3.56	3.49	1.14	
		And	504.35	504.75	0.40	17.10	29.10	
	22RDD148		130.00	134.20	4.20	1.67	0.54	
		And	237.70	246.00	8.30	0.65	0.60	
	22RDD149 (Metallurgical Hole)		**71.30**	**100.50**	**29.20**	**16.61**	**24.31**	**2.22**
		Incl.	**87.45**	**97.30**	**9.85**	**44.89**	**64.94**	
		And	105.20	110.00	4.80	1.58	3.37	0.89
		Incl.	107.60	108.20	0.60	6.37	14.50	
	22RDD150					NSV		
	22RDD151					NSV		
	22RDD152					NSV		
	22RDD153					NSV		
	22RDD154					NSV		
	22RDD155		162.00	164.00	2.00	5.47	9.20	
	22RDD156		347.37	349.67	2.30	3.76	3.19	
	22RDD157					NSV		
	22RDD158					NSV		
Cressida Target	22CRDD001					NSV		
	22CRDD002					NSV		
	22CRDD003		188.00	196.00	8.00	0.69	0.15	
	22CRDD004		133.38	134.00	0.62	4.65	10.90	
		And	320.07	328.00	7.93	1.11	1.50	
	22CRDD005					NSV		
	22CRDD006					NSV		
	22CRDD007		247.95	256.00	8.05	0.94	22.09	
	22CRDD008					NSV		

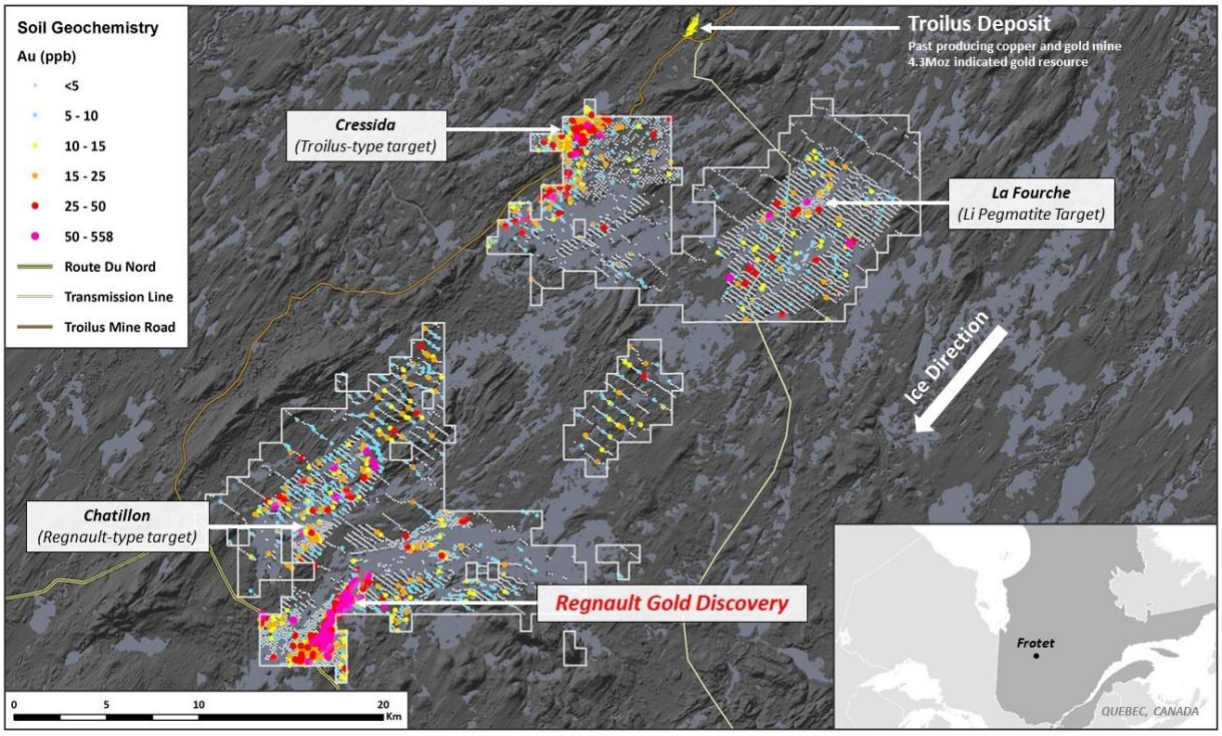
Table 2. Drill collar table of reported drill holes from the 2022 summer drill program

Target Area	Hole ID	Easting (NAD 83)	Northing (NAD 83)	Elevation (m)	Depth (m)	Dip	Azimuth
Regnault Deposit	22RDD136	519852	5621035	377	672.00	-63	158
	22RDD137	519717	5620662	379	615.00	-68	159
	22RDD138	519583	5620654	376	672.00	-68	156
	22RDD139	519583	5620654	376	531.00	-53	156
	22RDD140	519717	5620662	379	600.00	-80	159
	22RDD141	519583	5620654	376	21.00	-65	161
	22RDD141A	519583	5620654	376	651.00	-80	156
	22RDD142	519922	5621014	378	552.00	-55	160
	22RDD143	519861	5621148	378	894.30	-62	159
	22RDD144	519922	5621014	378	612.00	-63	160
	22RDD145	519952	5621095	381	645.00	-62	159
	22RDD146	519978	5621167	381	351.00	-51	322
	22RDD147	520025	5621097	386	606.00	-68	159
	22RDD148	519951	5621097	381	411.00	-57	317
	22RDD149	519533	5620699	377	132.00	-45	299
	22RDD150	518700	5619675	380	582.00	-50	149
	22RDD151	518985	5620794	379	237.00	-50	172
	22RDD152	518985	5620794	379	276.00	-61	172
	22RDD153	518998	5620305	384	504.00	-49	149
	22RDD154	518292	5619403	398	171.00	-50	151
	22RDD155	518574	5619615	384	518.00	-50	149
	22RDD156	518948	5620432	384	702.00	-52	156
	22RDD157	517923	5618838	393	498.00	-48	179
	22RDD158	518448	5620035	389	450.00	-45	159
Cressida Target	22CRDD001	531683	5646148	436	249.00	-45	161
	22CRDD002	531745	5646000	443	258.00	-45	161
	22CRDD003	531425	5646050	411	399.00	-45	161
	22CRDD004	531814	5645846	440	390.00	-50	161
	22CRDD005	531491	5645808	418	300.00	-45	161
	22CRDD006	531282	5645716	406	327.00	-45	161
	22CRDD007	531542	5645618	406	303.00	-45	161
	22CRDD008	532212	5645756	397	285.00	-45	161

About the Frotet Project

The Frotet Project was first identified by Kenorland in 2017 after completing a regional prospectivity study over the Abitibi and Frotet-Evans Greenstone Belts of Quebec. The initial 55,921 ha property was acquired through map staking in March, 2017 and optioned to Sumitomo Metal Mining Canada Ltd. ("SMMCL"), a wholly owned subsidiary of Sumitomo Metal Mining Co., Ltd. in April, 2018. Two years of property-wide systematic till sampling led to a maiden drill program in 2020 which resulted in a significant grassroots discovery at the prospect now named Regnault. The project is currently under the Joint Venture agreement between SMMCL and Kenorland Minerals Ltd., with interests being held at 80% and 20%, respectively. Under the Joint Venture, exploration is funded pro-rata and Kenorland is presently the operator of the project. Any party which does not contribute and is diluted below a 10% interest, converts its interest to an 2% uncapped net smelter royalty.

Figure 5. Map of Frotet Project showing regional till sampling geochemical results



QA/QC and Core Sampling Protocols

All drill core samples were collected under the supervision of Kenorland employees. Drill core was transported from the drill platform to the logging facility where it was logged, photographed, and split by diamond saw prior to being sampled. Samples were then bagged, and blanks and certified reference materials were inserted at regular intervals. Groups of samples were placed in large bags, sealed with numbered tags in order to maintain a chain-of-custody, and transported from Chibougamau to BV laboratory in Timmins, Ontario.

Sample preparation and analytical work for this drill program was carried out by Bureau Veritas Commodities ("BV"), Timmins, Ontario. Samples were prepared for analysis according to BV method PRP70-250: individual samples were crushed to 2mm (10 mesh) and a 250g split was pulverized to 75µm (200 mesh) for analysis and then assayed for Gold. Gold in samples were analyzed using BV method FA430 where a 30g split is analyzed with fire assay by Pb collection and AAS finish. Over-limits gold samples were re-analyzed using BV method FA530 where a 30g split is analyzed with fire assay by Pb collection and gravimetric finish. Multi-element geochemical analysis (45 elements) was performed on all samples using BV method MA200 where a 0.25g split is by multi-acid digest with ICP-MS/ES finish. All results passed the QAQC screening at the lab, all company inserted standards and blanks returned results that were within acceptable limits.

Qualified Person

Janek Wozniewski, B. Sc., P. Geo., OGQ (#2239) is the "Qualified Person" under National Instrument 43-101, has reviewed and approved the scientific and technical information in this press release.

About Kenorland Minerals

Kenorland Minerals Ltd. (TSX.V KLD) is a mineral exploration Company incorporated under the laws of the Province of British Columbia and based in Vancouver, British Columbia, Canada. Kenorland's focus is early to advanced stage exploration in North America. The Company currently holds four projects in Quebec where work is being completed under joint venture and earn-in agreement from third parties. The Frotet Project and Chicobi Project are held under joint venture with Sumitomo, the Chebistuan Project is optioned to Newmont Corporation and the Hunter Project is held under option to Centerra Gold Inc. In Ontario, the Company holds the South Uchi Project under an earn-in agreement with a wholly owned subsidiary of Barrick Gold Corporation. In Alaska, the Company holds the advanced stage Tanacross porphyry Cu-Au-Mo project, optioned to Antofagasta, as well as a 70% interest in the Healy Project, held under joint venture with Newmont Corporation.

Further information can be found on the Company's website www.kenorlandminerals.com

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