

Red Metal Resources to Exhibit at PDAC 2010

THUNDER BAY, ONTARIO--(Marketwire - March 3, 2010) - Red Metal Resources Ltd. (PINK SHEETS:RMES) today announced that it will be exhibiting at the Prospectors and Developers Association of Canada ("PDAC") 2010 International Convention, Trade Show & Investors Exchange, and invites convention attendees to visit us at booth #3024.

The PDAC Convention is being held March 7-10, 2010 at the Metro Toronto Convention Centre.

Red Metal recently announced the completion of a NI 43-101 technical report on its 100 percent-owned Farellon copper-gold project, located in the iron oxide copper-gold belt in Chile's Region III.

About Red Metal Resources Ltd.

Red Metal is a Thunder Bay-based resource company focused on growth through acquiring, exploring and developing copper-gold assets in Chile. All of our properties are located in the highly prospective Candelaria iron oxide copper-gold (IOCG) belt of Chile's coastal Cordillera, host to Freeport McMoran's Candelaria Mine and Anglo American's Manto Verde Mine. For more information, visit www.redmetalresources.com.

This press release contains forward-looking statements. The actual results could differ materially from a conclusion, forecast or projection in the forward-looking information. Certain material factors or assumptions were applied in drawing a conclusion or making a forecast or projection as reflected in the forward-looking information.