



News Release

First Narrows Appoints New Board Member

Vancouver, BC – November 5, 2008 – First Narrows Resources Corp. (TSX-V: UNO) (the “Company”) is pleased to announce the appointment of Mr. Terrence P. Lenihan to the Company’s Board of Directors.

Mr. Lenihan, a Bathurst, New Brunswick native, graduated from St. Francis University in 1970 and Dalhousie Law School in 1973. He is a member of the Canadian Bar Association and the Law Society of New Brunswick; and the managing partner at Byrne, Lenihan located in the city of Bathurst.

Additionally, Mr. Lenihan has a Chartered Insurance Professional designation from the Insurance Institute of Canada and has been an instructor teaching Insurance Liability Law since 1998. His previous professional affiliations include: past secretary and president of the Gloucester County Bar Association; president of the Mental Health Review Tribunal from 1996-2000; and chairman of the Canada Pension Review Tribunal from 2003-06.

Very active in the city of Bathurst and greater New Brunswick community since the 1970s, Mr. Lenihan’s activities include: city councilor in Bathurst in 1975-77; scout leader for many years and later district commissioner and district representative on the board for Scouts Canada (N.B.); past president and board member for many years of Bathurst Volunteer Center; and an active member of the Rotary Club since 1990 and past club president and district governor in 2007-08.

About First Narrows Resources Corp.:

First Narrows Resources Corp. (TSX-V: UNO) is a Canadian-based mineral exploration company whose corporate strategy is to develop overlooked and undervalued mineral properties that offer near term production potential. The Company has active projects in the Province of New Brunswick, Canada and in the State of Sonora, Mexico. The most advanced are the Susana D’Oro Cu-Au-Ag deposit, a former high grade producer located in Sonora’s Au-Ag and Cu-Mo mining belts, and the Chester Cu-polymetallic deposit in New Brunswick’s Bathurst Mining Camp, Canada, both 100% owned. During the current recessionary cycle the Company is actively seeking well funded joint venture partners to advance several of its projects. For more information visit: www.uno.ca

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ON BEHALF OF THE BOARD OF DIRECTORS

“Peter K. Gummer”

Peter K. Gummer, President

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of the contents herein. We seek safe harbor.