

P R E S S R E L E A S E



GALAHAD
M E T A L S I N C

Press Release- #10-06

TSX-V: GAX

March 8, 2010

DRILLING STARTED ON MONTROSE GOLD PROJECT, ON

Ottawa, ON - Galahad Metals Inc (TSXV - **GAX**) is pleased to report that drilling has commenced on its Montrose Gold Project located south west of Kirkland Lake. CABO Drilling Corp. from Kirkland Lake office mobilized a drill to the property and has started Galahad's first test of a high-priority I.P. geophysical target. A total of eight holes will be drilled during this first phase of drill testing which is expected to be completed before the end of March.

Paul Pitman, P.Geo, is the Qualified Person as defined by National Instrument 43-101 for the Montrose Project. For further information, please go to www.galahadmetals.com or contact:

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“The statements in this Press Release may contain forward looking statements that involve a number of risks and uncertainties. Actual events or results could differ materially from the Company's expectations and projections. The TSX Venture Exchange has not approved or disapproved of the information contained in this Press Release.”

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