



GALAHAD
M E T A L S I N C

Press Release- #10-14

TSX-V: GAX

May 17, 2010

SHARES FOR SIDEX INTEREST & PRINCIPAL

Ottawa, ON. – Galahad Metals Inc. (“Galahad” or the “Company”) announced today that, as per the TSX-V approval dated May 4, 2010, the Company has issued 1,589,480 shares in payment of the principal of \$150,000 on the Convertible Debenture that matured April 29, 2010, and the interest due the same date.

All securities issued are subject to a four-month hold period expiring September 13, 2010. For more information about Galahad Metals please visit our website: www.galahadmetals.com

Robin Dow, President, C.E.O
1-888-834-7708
Email: robin@dowgroup.ca

In Vancouver:
Wayne Meredith
1-604-569-2509
wayne@dowgroup.ca

In Toronto:
Gus Garisto
1-416-607-6023
gus@baystreetconnect.com

“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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P 1 888 834 7708 F 613 834 8166