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NEWS RELEASE

**FORUM ANNUAL GENERAL MEETING
CLARIFICATION OF RECORD DATE**

Vancouver, B.C., November 23, 2020 - Forum Energy Metals Corp. (TSX.V: FMC) ("Forum" or "Company") wishes to clarify that the record date for determining shareholders entitled to vote at the Company's Annual General Meeting to be held on December 15, 2020 is Tuesday, November 10, 2020 and not Monday, November 9, 2020 as stated in the Company's Information Circular mailed to shareholders on November 18, 2020.

About Forum Energy Metals

Forum Energy Metals Corp (TSX.V: FMC) explores for energy metals, including copper, nickel, silver, platinum, palladium and uranium in Saskatchewan, Canada's Number One mining province. In addition, Forum has also established a strategic land position in the Idaho Cobalt Belt. For further information: www.forumenergymetals.com

ON BEHALF OF THE BOARD OF DIRECTORS

Richard J. Mazur, P.Geol.
President & CEO

Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

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