

## FORM 7

### **MONTHLY PROGRESS REPORT**

Name of Listed Issuer: Anteros Metals Inc. (the "Issuer" or the "Company").

Trading Symbol: ANT

Number of Outstanding Listed Securities: **34,513,962**

Date: May 4, 2026 reporting on April 2026

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced and non-promotional.

#### **General Instructions**

- (a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.
- (b) The term "Issuer" includes the Issuer and any of its subsidiaries.
- (c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

#### **Report on Business**

1. Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.

**During April 2026, the Company focused on raising funds for its planned Phase 2 drilling program at the Seagull Critical Minerals Project in Ontario.**

2. Provide a general overview and discussion of the activities of management.

**During April 2026, management activities were primarily focused on raising funds for its planned Phase 2 drilling program at the Seagull Critical Minerals**

**Project in Ontario. The Company's planned Phase 2 drilling program is designed to:**

- **Further investigate the source and characteristics of the previously encountered gas occurrence.**
- **Test the footwall to the intrusive complex for potential gas-bearing and magmatic sulphide mineralization structures related to intrusion emplacement.**
- **Improve geological understanding of structural controls and fluid pathways within the system.**

3. Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.

**During April 2026, no new drilling, exploration or acquisition activities were undertaken.**

4. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.

**Not applicable**

5. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.

**The Company has entered into agreements with certain suppliers in connection with the planned Phase 2 drilling program. Refer to press release issued April 15, 2026 and posted on anterosmetals.com.**

6. Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.

**Not Applicable.**

7. Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.

**Not Applicable**

8. Describe the acquisition of new customers or loss of customers.

**Not Applicable.**

9. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks.

**None.**

10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

**None.**

11. Report on any labour disputes and resolutions of those disputes if applicable.

**None.**

12. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.

**None**

13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.

**Other than transactions with regular trade creditors, there was no indebtedness that occurred or was repaid during the month of April 2026**

14. Provide details of any securities issued and options or warrants granted.

**None**

15. Provide details of any loans to or by Related Persons.

**None.**

16. Provide details of any changes in directors, officers or committee members.

**There were no changes**

17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.

**The trends and risks which are likely to impact the Issuer are detailed in the Issuer's Filing Statement dated January 28, 2025. The Filing Statement is available on the Issuer's SEDAR+ profile at [www.sedarplus.ca](http://www.sedarplus.ca) and on the Issuer's disclosure hall with the CSE at [www.thecse.com](http://www.thecse.com).**

## Certificate Of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof there were is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated May 4, 2026.

Alan Rootenberg  
Name of Director or Senior Officer

"Alan Rootenberg"  
Signature  
CFO  
Official Capacity

<b>Issuer Details</b> Name of Issuer Anteros Metals Inc.	For Month End April 2026	Date of Report YY/MM/DD 2026-05-4
Issuer Address  35 Sweetenwater Crescent, Conception Bay South, Newfoundland and Labrador A1W 4T2		
City/Province/Postal Code Newfoundland and Labrador	Issuer Fax No.	Issuer Telephone No. ( 417 ) 277-4528
Contact Name Alan Rootenberg	Contact Position CFO	Contact Telephone No. (416) 277-4528
Contact Email Address alan.r@themsgroupinc.com	Web Site Address <a href="http://www.anterosmetals.com">www.anterosmetals.com</a>	