



HMZ provides Corporate Update

TORONTO, CANADA, July 12, 2007 – HMZ Metals Inc. (“HMZ” or the “Company”) provides its bi-weekly update pursuant to the Management Cease Trade Order announced April 18, 2006.

The preparation of the Company’s audited financial statements for the year ended December 31, 2005 continues. Previously announced legal and other initiatives regarding the Company’s Chinese joint venture interest are on-going. Data review and preliminary negotiations associated with additional new potential projects continues.

For more information visit www.hmzmetals.com or call Kerry Smith at 416-214-3270