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GUARDIAN METAL RESOURCES PLC

FORM 6-K

(Report of Foreign Issuer Pursuant to Rule 13a-16 or 15d-16)

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UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
WASHINGTON, D.C. 20549

FORM 6-K

REPORT OF FOREIGN PRIVATE ISSUER PURSUANT TO RULE 13A-16 OR 15D-16 OF THE SECURITIES EXCHANGE ACT OF 1934

23 November, 2026
Commission File Number 001-43199

Guardian Metal Resources PLC
c/o Orana Corporate LLP
25 Eccleston Place
London SW1W 9NF
United Kingdom
(Address of principal executive offices)

Indicate by check mark whether the registrant files or will file annual reports under cover of Form 20-F or Form 40-F.

Form 20-F ☒ Form 40-F ☐

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(1): ___

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(7): ____

Guardian Metal Resources PLC

On 23 November, 2026, Guardian Metal Resources PLC issued a press release titled “Notice of AGM”

A copy of the press release is attached hereto as Exhibit 99.1.

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on behalf by the undersigned, thereunto duly authorized.

Guardian Metal Resources PLC
(Registrant)

Date: 23 November, 2026

By: /s/ Oliver Friesen

Name: Oliver Friesen

Title: Chief Executive Officer

Exhibit Index

Exhibit	**Description of Exhibit**
99.1	Notice of AGM dated 23 November, 2026.

23 November 2026

Guardian Metal Resources plc

("Guardian Metal" or the "Company")

Notice of AGM

Guardian Metal Resources plc (NYSE American: GMTL, LON: GMET, OTCQB: GMTLF), a strategic mineral development company focused on tungsten in Nevada, USA, announces that its Annual General Meeting of Shareholders (“AGM”) will be held at 09:30 a.m. GMT on Wednesday, 16 December 2026 at the offices of Orana Corporate LLP, Eccleston Yards, 25 Eccleston Place, London SW1W 9NF.

The Notice of AGM and a Form of Proxy were printed and posted to shareholders today. These documents are also available to view on the Company's website at: https://www.guardianmetalresources.com/investors/shareholder-circulars/.

The Company's Annual Report and Accounts for the year ended 30 June 2026 is available for download on Guardian Metal's website at: https://www.guardianmetalresources.com/investors/financial-reports/.

The Directors of the Company are responsible for the release of this announcement.

For further information visit www.Guardianmetalresources.com or contact the following:

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Cairn Financial Advisers LLP Nominated Adviser Sandy Jamieson/Jo Turner/Louise O'Driscoll	Tel: +44 (0) 20 7213 0880
Berenberg Joint Broker and Financial Adviser Jennifer Lee/Ivan Briechle	Tel: +44 (0) 20 3207 7800
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About Guardian Metal Resources

Guardian Metal Resources PLC (NYSE.A: GMTL, LON:GMET, OTCQB:GMTLF) is a strategic mineral development company driving the revival of U.S. mined tungsten production and strengthening America's defense metal independence. The Company is advancing two tungsten projects, Pilot Mountain, one of the largest undeveloped tungsten deposits in the U.S. and Tempiute, formerly America's largest producing tungsten operation, both located in Nevada, one of the top-rated mining jurisdictions in the United States.

In July 2025, the U.S. Department of War (DoW) under Title III of the Defense Production Act of 1950, as amended, invested US$6.2M in Golden Metal Resources (USA) LLC, a wholly-owned subsidiary of Guardian Metal Resources PLC, to support the Pilot Mountain PFS.[2] The Company completed a U.S. listing on the NYSE American on March 20, 2026.

Tungsten is a strategic metal critical to the defense, energy transition, technology and industrial sectors. In the context of shifting geopolitical dynamics and tightening Chinese export restrictions, Guardian Metal is well positioned to play a leading role in re-establishing a secure, domestically mined U.S. supply chain for this vital defense metal.