

PACIFIC COMOX RESOURCES LTD.

NEWS RELEASE

- TRENCHING PROGRAM ON THE MABEL PROPERTY RETURNS;
- 6m AVERAGING 6.37 g/t GOLD AND 313.8 g/t SILVER FROM TRENCH 4 ABOUT 200M NORTHWEST OF PREVIOUSLY REPORTED CARMELITAS TRENCH WHICH RETURNED 46m AVERAGING 1.70 g/t GOLD AND 52.0 g/t SILVER, INCLUDING 18m AVERAGING 2.96 g/t GOLD AND 76.2m SILVER

Listed: TSX Venture Exchange – PCM

Toronto, Ontario Canada, May 22, 2003.

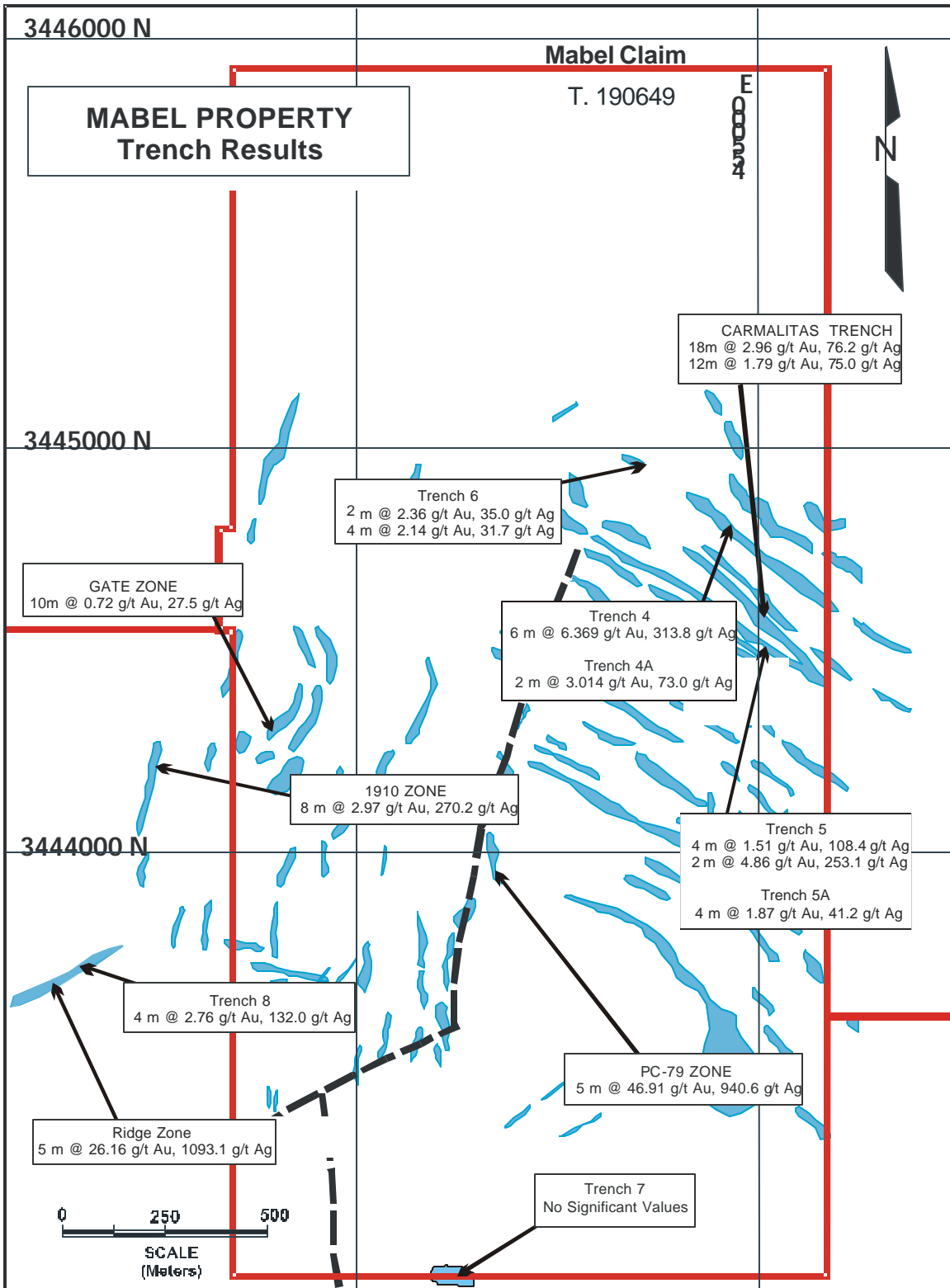
Pacific Comox Resources Ltd. (the Company) is pleased to report that it has received encouraging results from a recently completed trenching program on the Mabel property located in Northern Sonora, Mexico. Trenches four, five and six situated northwest and southeast of the previously reported Carmelitas Zone Trench area all returned encouraging gold and silver values summarized on the table below and the locations are illustrated on the attached sketch. Trenches 4 & 4a are approximately 200m northwest of the Carmelitas Zone, Trench 6 is about 400m northwest of the Carmelitas Trench, and Trenches 5 & 5a are situated about 100m to the southeast of the Carmelitas Trench. It is believed that trenches, 4, 5 and 6 cover a portion of the stacked Carmelitas Zone implying a minimum strike length of 500m of unknown thickness. The zone remains open in all directions.

Trenches 7 and 8 are located in the Mabel South and Ridge Zone areas.

The exploration target for the property is an on or near surface bulk mineable gold and silver deposit. Trenching and sampling in the Carmelitas area completed to date suggests it has to the potential to host such a deposit. Numerous other areas on the property are also considered highly prospective.

Area	Sample Length (m)	Gold grams/tonne	Silver grams/tonne	Gold +Silver Au=\$340.00/oz Ag=\$4.70/oz Gold grams/tonne Equivalent
Previously Released Carmelitas Trench (2m channel samples) including	46m	1.70	52.0	2.4
Samples PC-89 to 97	18m	2.96	76.2	4.0
Samples PC-82 to 88	12m	1.79	75.0	2.8

Area	Sample Length (m)	Gold grams/tonne	Silver grams/tonne	Gold +Silver Au=\$340.00/oz Ag=\$4.70/oz Gold grams/tonne Equivalent	
New Data Trench 4 (2m channel samples) including Samples (PC-128 to 130)	10m	4.09	195.4	6.8	
	6m	6.37	313.8	10.7	
	Trench 4a Includes Samples (PC-132)	2m	3.01	73.0	4.0
Trench 5 (2m channel samples) including Samples (PC-135 to 136)	24m	0.89	46.2	1.5	
	Sample (PC-145)	4m	1.51	108.4	3.0
	Trench 5a Includes Samples (PC-149 to 150)	2m	4.86	253.1	8.4
	4m	1.87	41.2	2.4	
Trench 6 (2m channel samples) including Samples (PC-154)	18m	0.83	15.81	1.0	
	2m	2.36	35.0	2.8	
	Samples (PC-158 to 159)	4m	2.14	31.7	2.6
Trench 7	No significant values				
Trench 8 (2m channel samples) including Samples (PC-175 to 176)	16m	0.98	51.07	1.7	
	4m	2.76	132.0	4.6	



Mr. Janzen and Cesar Lemas, geologists with over 20 year's exploration experience in Canada and Mexico supervised all aspects of the collection of samples. All analytical work was completed by BSI Inspectorate Laboratory in Reno, Nevada

Pacific is currently formulating a drilling program for the property. More information about the property and the new results is available on the Pacific Comox website at www.pacificcomox.com

James Janzen
President

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release.

For further information please contact James Janzen, Roger Scammell or Donald Empey at tel: 416 977 4653, fax: 416 977 8335 or email at daempey@attcanada.net or visit Pacific Comox's website at www.pacificcomox.com

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