

# PACIFIC COMOX RESOURCES LTD

Press Release

- **MOLYBDENUM ASSAYS REPORTED FOR RYAN LAKE PROPERTY**
- **24 meters of chip samples in pit walls averaged 0.15% molybdenum plus other metals**

Toronto, Canada – March 21, 2005

Pacific Comox Resources Ltd. (TSX Venture: PCM) is pleased to report assays for the samples taken on the walls of the molybdenum open pit at the Company's recently optioned Ryan Lake property at Matachewan, Ontario.

**Chip samples totaling 24 meters in the syenite porphyry west and north walls of the pit averaged 0.15% molybdenum plus 0.05% copper, 0.01 g/tonne gold and 1.2 g/tonne silver.**

No production or exploration has taken place in the pit area since the 1960's. This molybdenum open pit is approximately 1,000 feet north of the underground mine which was in production during the 1950-1957 period.

For due diligence and to assist in planning the exploration program, a series of two meter chip samples were taken on sections of the west and north walls of the molybdenum open pit. The assays are summarized below and the individual assays are given in Table 1.

SUMMARY OF ASSAY RESULTS					
Sample length (meters)	Comment	Molybdenum (%)	Copper (%)	Gold (g/tonne)	Silver (g/tonne)
8	west wall in andesite	0.004	0.04	Nil	0.3
18	west wall in syenite porphyry	0.123	0.05	0.01	0.7
6	north wall in syenite porphyry	0.245	0.04	0.01	2.4
<b>Average for 24 meters in syenite porphyry</b>		<b>0.153</b>	<b>0.05</b>	<b>0.01</b>	<b>1.2</b>
Sample from waste dump on east side of open pit		0.83	0.79	0.03	8.8

The Ryan Lake copper-molybdenum property consists of 10 claims totaling 513 acres, located near Matachewan, Ontario. Ryan Lake Mines Ltd. staked the property in 1947 and put it into production in 1950 at a 150 ton/day rate with a shaft sunk to 459 feet with development on 4 levels. The development extended for 1,000 feet on an east-west direction and about 500 feet north-south. The J. F. Ariz report dated October 20, 1978 gave the production during the 1950-1957 period as 163,490 tons grading 1.5% copper, 0.008 oz of gold and 0.21 oz of silver. A successor Company was also reported to have processed 6,000 tons grading 1.3% copper and 0.4% molybdenite in 1964. No production or significant exploration is reported on the property since 1966.

The historical production data given above was collected prior to 1967 and therefore is not in compliance with N.I. 43-101. Pacific Comox's geologist, James Janzen has reviewed the above mentioned reports and supervised this sampling program. Robert Hill P. Eng. serves as the qualified person (QP) for the sampling and exploration program under the definitions of National Instrument 43-101. The samples were assayed by Swastika Laboratories Ltd. at Swastika, Ontario.

Donald Empey  
President

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

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<b>PACIFIC COMOX RESOURCES</b>					
<b>Table 1: Ryan Lake Property:</b>					
<b>Samples From The Walls Of The Molybdenum Open Pit</b>					
(all samples are 2 meter chip samples)					
Sample Number	Comment	Molybdenum (%)	Copper (%)	Gold (g/tonne)	Silver (g/tonne)
<b>Samples RL001 to 004 taken in west wall of pit</b>					
RL001	in andesite	0.006	0.029	0.01	0.3
RL002	in andesite	0.003	0.058	Nil	0.4
RL003	in andesite	0.003	0.046	0.01	0.2
RL004	in andesite	0.002	0.027	Nil	0.1
<b>Average for RL001-004</b>		<b>0.004</b>	<b>0.040</b>	<b>Nil</b>	<b>0.3</b>
<b>Samples RL005 to 014 taken in west wall of pit</b>					
RL005	syenite porphyry	0.105	0.020	0.01	0.2
RL006	syenite porphyry	0.009	0.020	0.01	0.4
RL008	syenite porphyry	0.044	0.061	0.01	0.5
RL009	syenite porphyry	0.039	0.157	0.02	1.0
RL010	syenite porphyry	0.130	0.048	Nil	0.8
RL011	syenite porphyry	0.362	0.050	0.01	0.9
RL012	syenite porphyry	0.082	0.037	0.01	0.6
RL013	syenite porphyry	0.065	0.022	0.01	0.7
RL014	syenite porphyry	0.268	0.047	0.01	1.6
<b>Average for RL005-014</b>		<b>0.123</b>	<b>0.050</b>	<b>0.01</b>	<b>0.7</b>
<b>Samples RL015 to 017 taken in north wall of pit</b>					
RL015	syenite porphyry	0.252	0.052	Nil	2.3
RL016	syenite porphyry	0.455	0.029	0.01	1.0
RL017	syenite porphyry	0.027	0.033	0.01	4.0
<b>Average for RL015-17</b>		<b>0.245</b>	<b>0.038</b>	<b>0.01</b>	<b>2.4</b>
<b>Average for all syenite porphyry samples – total of 24 meters</b>		<b>0.153</b>	<b>0.048</b>	<b>0.01</b>	<b>1.2</b>
<b>Sample RL007 taken from waste dump on east side of pit</b>					
RL007	-	0.83	0.79	0.03	8.8