

PACIFIC COMOX RESOURCES LTD

Press Release

DRILLING HAS STARTED ON MABEL GOLD-SILVER-COPPER PROPERTY IN NORTHERN MEXICO,

DRILLING WILL RESUME ON RYAN LAKE COPPER & MOLYBDENUM PROPERTY AT MATACHEWAN ONTARIO IN EARLY APRIL

Toronto, Canada – March 29, 2007
Pacific Comox Resources Ltd. (TSX Venture: PCM)

Mabel Gold-Silver-Copper Property in Northern Sonora State Mexico

Company reports an infill 4.5 inch percussion drilling program of about 1,500 meters has started on the Mabel property which is located about 60 kilometers southwest of Nogales a major border crossing point on the Arizona-Sonora border and is about a 2 hour drive from Tucson.

The current infill drilling program will provide the additional necessary data for a resource estimate on the Carmelitas and other areas of at/near surface gold-silver mineralization on the Mabel property. A summary of previous drilling on the major areas except Micho is given in Table 1.

Area	Number Of Holes	Thickness (meters)	Gold (g/tonne)	Silver (g/tonne)
Carmelitas Central	15	3	2.0	68
Carmelitas North	3	3	0.9	24
Carmelitas West	8	3	1.2	49
Ridge	10	3	1.7	35
Gate	14	4	1.3	70
Average		3	1.6	56

Seven surface samples 100 meters to the west of the Micho area where Comox's drilling previously reported in hole RC-62, 6 meters of 1.5g/tonne gold, and 51g/tonne silver followed by 23 meters of 1.1% oxide copper and 10g/tonne silver, have given average assays of 4.7g/tonne gold, 214g/tonne silver and 0.27% copper. This sampling has significantly enlarged the known area of anomalous copper, gold and silver in the Micho area of the Mabel property (see Table 2 for summary of assays). Further drilling is planned to test the gold-silver anomaly to the west as well as more shallow and deeper drilling in the Micho zone area.

Location	Number & Type of Samples Values	Copper (%)	Gold (g/tonne)	Silver (g/tonne)
On 500 meter north-south line located 100 meters west of Micho zone	7 samples,	Avg. 0.27	4.7	214
	3 meter channel	High 1.03	13.6	766
		Low 0.09	0.3	4
Selected points on lines 50 meters long, 50 meters west & 25 meters east of Micho	68 samples,	Avg. 0.38	0.1	5
	1 meter channel	High 1.80	0.2	26
		Low 0	0	0

Ryan Lake Copper-Molybdenum Property at Matachewan Ontario Canada

The diamond drill program at Ryan Lake will resume in early April with drilling to test the expansion of the South Zone both laterally and to at least double the 250 foot vertical depth of most of the previous 26 holes. A resource estimate is underway for the zone and it will be updated as additional holes are completed.

Robert Hill P. Eng. serves as the qualified person (QP) for the sampling and exploration programs under the definitions of National Instrument 43-101, reviewed this release and supervises the drilling programs. The geologist on the Mabel program is Cesar Lemas. In the percussion program the product from the cyclone is

bagged separately for each meter of drill advance. A split sample is shipped by Company personnel to the ALS Chemex laboratory in Vancouver B.C., an accredited laboratory.

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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