PACIFIC COMOX RESOURCES LTD **Press Release**

10.3 GRAMS/TONNE GOLD AND 339 GRAMS/TONNE SILVER REPORTED OVER INTERVAL OF 19 METERS NEAR SURFACE IN INFILL DRILLING ON CARMELITAS ZONE

Toronto, Canada – September 19, 2007
Pacific Comox Resources Ltd. (TSX Venture: PCM)
Mabel Gold-Silver-Copper Property in Northern Sonora State Mexico
Company reports average assay results of 2.0 grams/tonne gold & 71 grams/tonne silver over average intervals of 6 meters stating at/near surface in 34 holes. This just completed RC infill drilling program of 56 holes on the Carmelitas and Carmelitas South Zones follows the previously reported (May 24, 2007) 24 hole program on the Carmelitas West Zone which gave significant mineralization in 20 infill holes. Including all holes previously reported Comox has 73 mineralized holes in the Carmelitas North, Carmelitas, and Carmelitas South Zones averaging 1.7 g/tonne & 61 g/tonne silver over average intervals of 5 meters starting at/near surface in many holes. The Carmelitas Zones encompass an area approximately 330 meters on a northwest-southeast trend and averages about 75 meters wide (see Table 2 below for current reported holes). Additional infill drilling is planned for the Carmelitas South Zone to further test areas where previous drilling has reported encouraging results.

Additional infill drilling will also test the Gate-1910 Zones where as indicated in Table 1 below previous drilling has reported significant mineralization. The infill drilling programs will provide the drill hole 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 the Micho copper/gold/silver zone is given in Table 1.

Table 1: Summary of Mabel Drill Results by Area (Including Previously Reported)

Area	Number Of Holes	Thickness (meters)	Gold (g/tonne)	Silver (g/tonne)
Carmelitas Area	73	5	1.7	61
Gate-1910 Zone	14	4	1.3	70
Ridge Zone	10	3	1.7	35
Average		**5**	**1.7**	**60**

In the Micho area Comox previously reported in hole RC-62, 6 meters of 1.5 g/tonne gold, and 51 g/tonne silver followed by 23 meters of 1.1% oxide copper and 10 g/tonne silver. Further drilling is planned to test the gold-silver anomaly previously reported to the west of the Micho as well as the copper/gold/silver anomaly intersected in hole RC-62.

The Mabel property is about a 2 hour drive south from Tucson, Arizona. 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 RC drill program the product 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.

For further information: please contact Donald Empey at tel: 416 977 4653, fax: 416 977 8335, email dempey@pacificcomox.com , view the Company web site at www.pacificcomox.com or the Company filings on SEDAR at www.sedar.com .

One Dundas Street West, Suite 2300, Box 13,
Toronto, Ontario Canada M5G 1Z3

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MABEL PROJECT

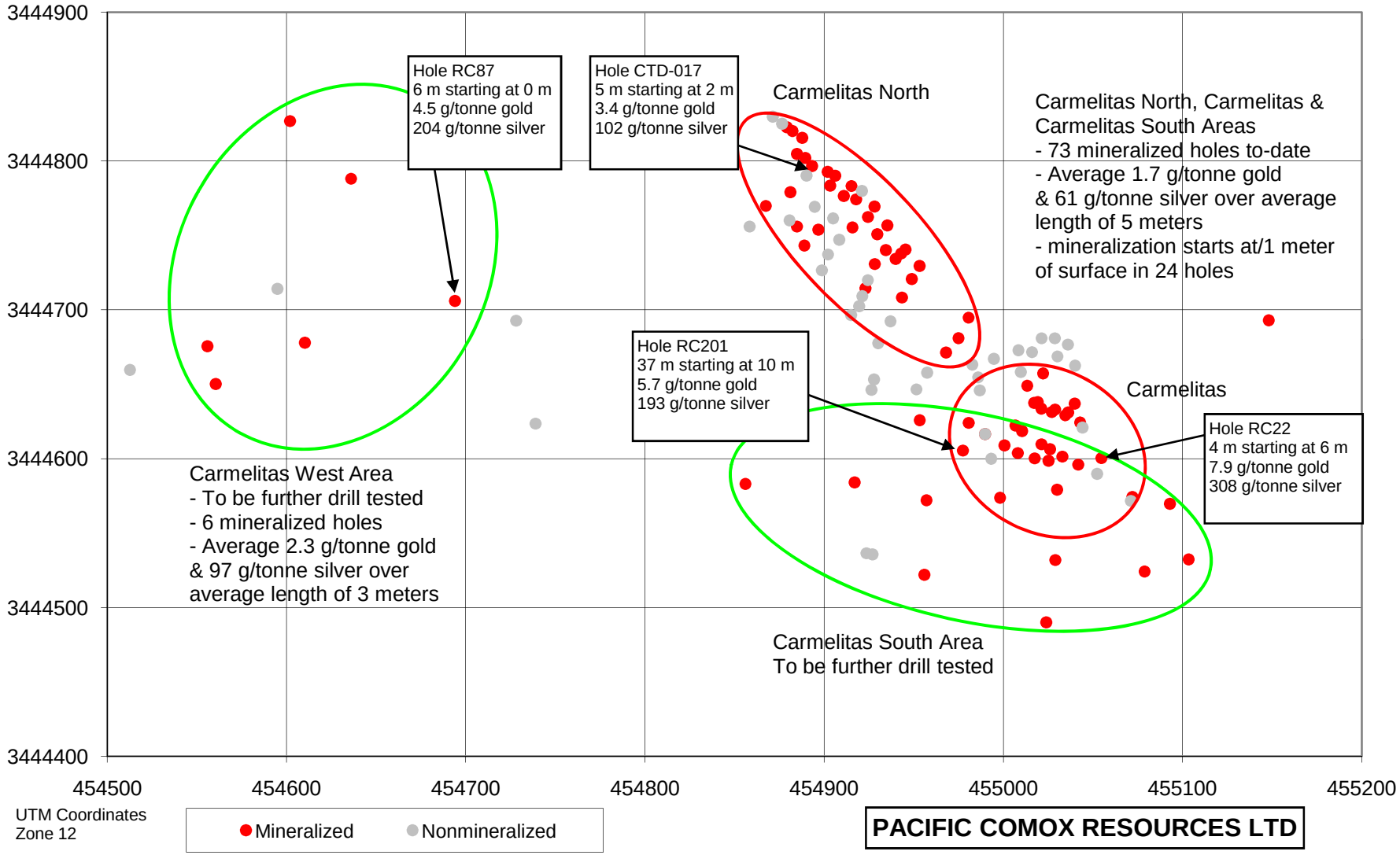
Table 2: SUMMARY OF CALCULATED MINERALIZED INTERVALS

FOR RC PROGRAM COMPLETED AUGUST 2007

	Hole UTM		Hole	Hole	Hole	Interval				
Hole No	Coordinates		Azimuth	Dip	Length	From	To	Length	Gold	Silver
					(m)	(m)	(m)	(m)	(g/tonne)	(g/tonne)
RC-143	454881	3444779	0°	-90°	33.00	18.00	22.00	3.00	0.80	24.00
RC-144	454867	3444770	0°	-90°	31.00	20.00	27.00	7.00	0.99	36.00
RC-147	454885	3444756	0°	-90°	31.00	19.00	25.00	6.00	0.94	18.00
RC-149	454897	3444754	0°	-90°	28.00	19.00	25.00	6.00	3.94	70.00
RC-150	454889	3444743	0°	-90°	32.00	26.00	29.00	3.00	0.28	13.00
RC-154	454916	3444755	0°	-90°	19.00	10.00	15.00	5.00	0.55	18.00
RC-155	454928	3444731	0°	-90°	22.00	14.00	17.00	3.00	0.50	34.00
RC-158	454923	3444714	0°	-90°	25.00	18.00	22.00	4.00	0.73	21.00
RC-161	454943	3444708	0°	-90°	22.00	15.00	19.00	4.00	0.15	8.00
RC-168	454953	3444626	0°	-90°	10.00	3.00	4.00	1.00	0.94	27.00
RC-169	454981	3444695	0°	-90°	13.00	4.00	8.00	4.00	1.32	11.00
RC-170	454975	3444681	0°	-90°	13.00	5.00	8.00	3.00	0.97	30.00
RC-171	454968	3444671	0°	-90°	10.00	10.00	13.00	3.00	0.18	12.00
RC-183	455022	3444657	0°	-90°	13.00	1.00	5.00	4.00	7.81	318.00
RC-184	455013	3444649	200°	-45°	19.00	2.00	5.00	3.00	0.43	14.00
RC-185	455017	3444638	0°	-90°	19.00	0.00	3.00	3.00	0.22	12.00
RC-186	455019	3444638	79°	-45°	10.00	0.00	7.00	7.00	1.51	17.00
RC-187	455027	3444631	0°	-90°	7.00	0.00	2.00	2.00	0.69	30.00
RC-188	455029	3444633	35°	-45°	10.00	0.00	2.00	2.00	1.46	31.00
RC-189	455036	3444631	0°	-90°	7.00	0.00	4.00	4.00	0.71	18.00
RC-190	455034	3444629	0°	-90°	10.00	0.00	4.00	4.00	1.55	62.00
RC-192	455043	3444624	45°	-45°	10.00	0.00	5.00	5.00	0.86	44.00
PC-193	454981	3444624	0°	-90°	10.00	0.00	8.00	8.00	0.43	32.00
RC-195	455001	3444609	0°	-90°	13.00	4.00	10.00	6.00	0.15	14.00
RC-196	455008	3444604	0°	-90°	13.00	3.00	11.00	8.00	0.77	56.00
RC-197	455017	3444600	0°	-90°	13.00	3.00	7.00	4.00	0.68	33.00
RC-198	455010	3444619	0°	-90°	13.00	1.00	8.00	7.00	2.80	95.00
RC-199	455025	3444599	0°	-90°	13.00	8.00	10.00	2.00	0.76	31.00
RC-200	455030	3444579	196°	-45°	18.00	0.00	17.00	17.00	0.58	35.00
RC-201	454978	3444606	209°	-45°	60.00	10.00	47.00	37.00	5.70	193.00
Including						28.00	47.00	19.00	10.25	339.00
RC-202	455021	3444610	0°	-90°	7.00	0.00	4.00	4.00	1.50	24.00
RC-203	455033	3444602	0°	-90°	13.00	1.00	11.00	10.00	0.22	74.00
RC-204	455042	3444596	0°	-90°	16.00	8.00	14.00	6.00	0.54	25.00
RC-207	455072	3444574	45°	-45°	9.00	2.00	5.00	3.00	0.74	20.00
							Avg.	6.00		
August 2007										

MABEL: CARMELITAS ZONE

C.1: Mineralized and Nonmineralized Holes Drilled To-Date (August 2007)



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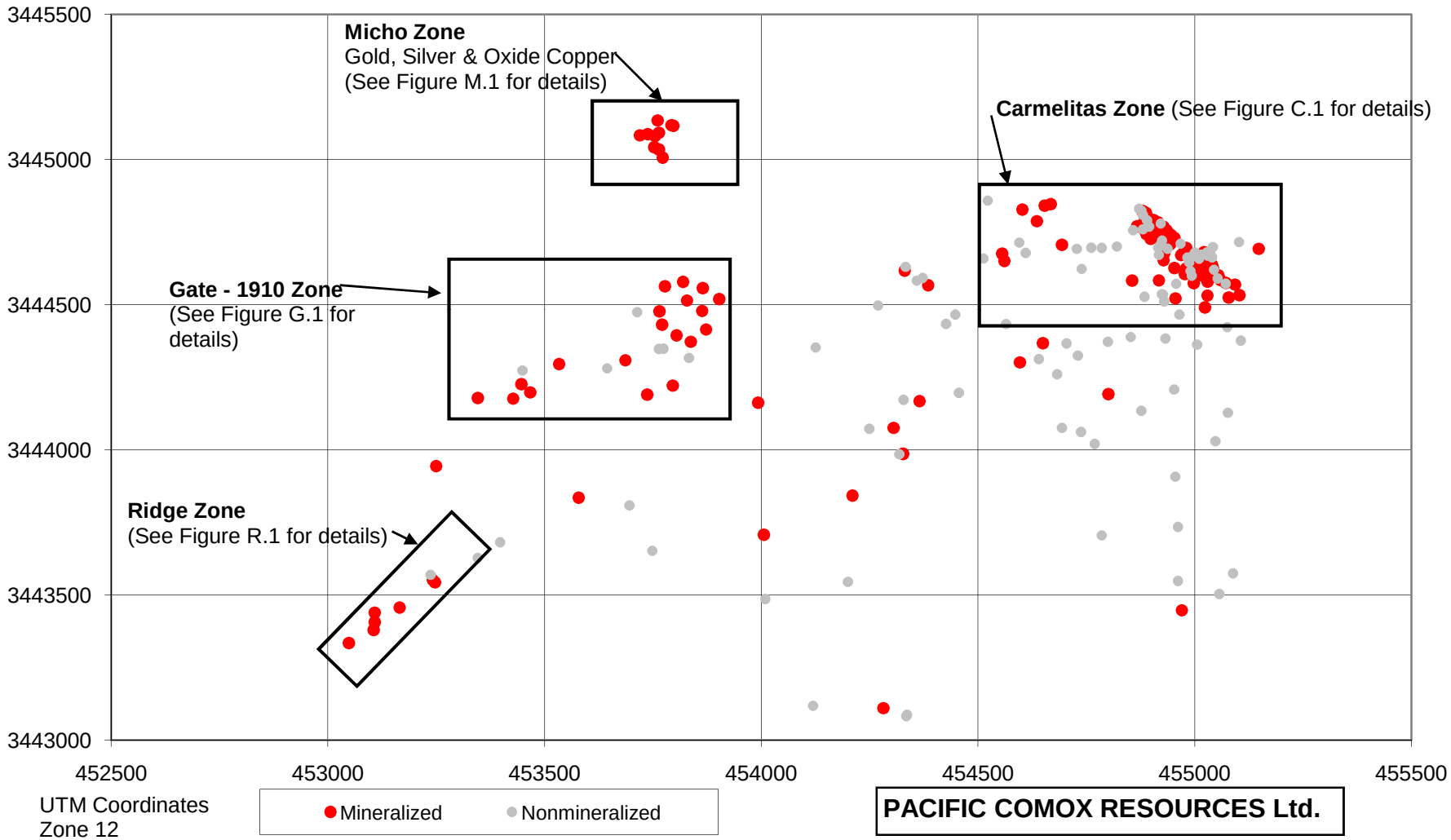
MABEL PROPERTY MEXICO

Mineralized and Nonmineralized Holes Drilled To-Date (August 2007)