

PACIFIC COMOX RESOURCES LTD

Press Release

1.2% COPPER AND 0.26% MOLYBDENUM OR 5.3 LBS/TON MOLYBDENUM REPORTED IN HOLE C91A OVER 8 METER INTERVAL

Toronto, Canada – November 29, 2007

Pacific Comox Resources Ltd. (TSX Venture: PCM) reports the assays for an additional 5 diamond drill holes testing the area of the former producing underground copper mine (the South Zone) at its Ryan Lake copper/molybdenum property at Matachewan, Ontario. Assays will be reported when received for the additional 14 holes which have been drilled.

Hole C91A which tested the area adjacent to a former production stope intersected two mineralized intervals. The first interval of 8 meters reported 1.2% copper and 0.26% molybdenum (5.3 lbs/ton molybdenum) started at 7 meters, with the second interval of 6 meters starting at 34 meters grading 0.36% copper and 0.047% molybdenum (0.9 lbs/ton molybdenum). The first interval also reported a gold grade of 0.5 g/tonne and 6 g/tonne silver.

Assays are reported for the 64 to 77 meter interval of Hole 83. The 13 meter interval averaged 0.85% copper and 0.002 % molybdenum. The assays for the other intervals of Hole 83 were reported on Oct. 11, 2007. The assays for Hole C99F for the interval 52 meters to the end of the hole have been received but did not report significant mineralization.

The assay results for the 5 holes reported are summarized in Table 1. All the holes also reported gold and silver values.

Robert Hill P. Eng. serves as the qualified person (QP) for the sampling and exploration program under the definitions of National Instrument 43-101, reviewed this release and supervised the drilling program. The geologist on this program was Dan Crossley P. Eng. The split NQ core samples were assayed at Swastika Laboratories Ltd. Swastika Ontario, 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 dempy@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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Table 1: Diamond Drill Assays From Ryan Lake Property

South Zone - Former Underground Mine Area

Hole #	From (m)	To (m)	Length (m)	Copper (%)	Mo (%)	Mo (lbs/ton)	Gold (g/tonne)	Silver (g/tonne)
PC-07-83	5313220N, 522519E, Length 147 meters, Azimuth 0°, Dip -55°							
	51	59	8	0.33	0.003	0.06	0.17	1.93
	64	77	13	0.85	0.002	0.04	0.04	4.53
	78	147	69	0.21	0.008	0.16	0.04	1.27
Including	78	99	21	0.29	0.011	0.22	0.04	1.61
Including	127	143	16	0.41	0.010	0.20	0.06	2.54
PC-07-92	5313343N, 522564E, Length 248 meters, Azimuth 0°, Dip -45°							
	33	41	8	0.46	0.012	0.24	0.02	2.76
	57	117	60	0.29	0.017	0.34	0.01	2.14
Including	57	90	33	0.44	0.028	0.56	0.01	3.19
PC-07-93	5313372N, 522524E, Length 135 meters, Azimuth 0°, Dip -45°							
	8	135	127	0.102	0.007	0.14	0.01	0.84
Including	9	44	35	0.265	0.017	0.34	0.03	1.97
Including	33	42	9	0.722	0.052	1.04	0.11	5.27
Including	68	74	6	0.270	0.009	0.18	0.00	2.65
PC-07-94	5313369N, 522490E, Length 134 meters, Azimuth 0°, Dip -45°							
	16	20	4	0.527	0.017	0.34	0.01	4.85
PC-07-C92B	5313197N, 522662E, Length 32 meters, Azimuth 0°, Dip -45°							
	8	26	18	0.35	0.021	0.42	0.08	2.58
PC-07-C91A	5313199N, 522700E, Length 133 meters, Azimuth 0°, Dip -45°							
	7	15	8	1.23	0.263	5.26	0.46	6.03
	34	40	6	0.36	0.047	0.94	0.17	2.13

Note: Interval 64 to 77 meters are new assays for Hole PC-07-83, the other intervals were previously reported on October 11, 2007.

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