PACIFIC COMOX RESOURCES LTD **Press Release**

0.30% (6.1 lbs/ton) MOLYBDENUM OVER 14 METERS STARTING AT 30 METERS IN HOLE 103 AT RYAN LAKE

Toronto, Canada – March 31, 2008
Pacific Comox Resources Ltd. (TSX Venture: PCM) reports the assays for an additional 4 diamond drill holes testing the area of the former producing underground copper mine (the South Zone) and the former producing open pit molybdenum mine (the North Zone) at its Ryan Lake copper/molybdenum property at Matachewan, Ontario. Assays will be reported when received for the additional holes which have been completed. The assay results for the 4 holes reported are summarized in Table 1.

NORTH ZONE
Hole 103 in the North Zone reported a mineralized interval of 79 meters grading 0.094% (1.84 lbs/ton) molybdenum starting at 1 meter from surface and extending to the end of the hole. This 79 meter interval included an interval of 14 meters from 30 meters of 0.30% (6.1 lbs/ton molybdenum). Hole 103 is one of 6 holes drilled in the North Zone to test the continuation of higher grade mineralization previously reported in holes 15, 16, 26 & 27 drilled to the northwest of holes 101, and 102 previously reported. The mineralized intervals previously reported for holes 15, 16, 26 & 27 are also given in Table 1. Hole 15 reported an 8 meter near surface interval of 0.56% (11.2 lbs/ton) molybdenum and hole 16 reported a 9 meter interval of 0.58% (11.6 lbs/ton) molybdenum. Of the 24 holes reported before 101 & 102 in the North Zone, 12 holes intersected a total of 15 intervals with an average grade of 0.16% (3.3 lbs/ton) molybdenum over an average length of 11 meters starting from 16 meters.

SOUTH ZONE
Hole 98 was collared in the north east side of the South Zone and drilled to the south to test this section at depth. Hole 98 reported 195 meters of mineralization starting at 13 meters grading 0.13% copper and 0.013% (0.26 lbs/ton) molybdenum. Hole C92C tested near surface mineralization immediately west of the former production shaft.

The 2007 program on the South Zone extended both the North-South and East-West dimensions of the drill tested area to approximately 250 meters or 820 feet. The resource estimate for the South Zone is pending the inclusion of the reported holes.

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 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 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

PACIFIC COMOX RESOURCES LTD								
Table 1: Drill Assays Reported From Ryan Lake Property								
South Zone – Former Underground Mine Area								
North Zone – Former Open Pit Molybdenum Mine Area								
Hole #	**From**	**To**	**Length**	**Copper**	**Mo**	**Mo**	**Gold**	**Silver**
	(m)	**(m)**	**(m)**	**(%)**	**(%)**	**(lbs/ton)**	**(g/tonne)**	**(g/tonne)**
PC-07-105	5313675N, 522523E, Length 80 meters, Azimuth 320 ^{o}, Dip -80 ^{o}							
	2	8	6	0.05	0.043	0.86	0.01	0.38
	48	70	22	0.03	0.026	0.52	0.01	0.27
PC-07-103	5313666N, 522516E, Length 79 meters, Azimuth 320 ^{o}, Dip -80 ^{o}							
	1	80	79	0.03	0.092	1.84	0.01	0.52
	30	44	14	0.07	0.304	6.08	0.01	1.55
PC-07-98	5313352N, 522653E, Length 227 meters, Azimuth 180 ^{o}, Dip -46 ^{o}							
	13	208	195	0.13	0.013	0.26	0.02	1.01
	51	84	33	0.22	0.019	0.38	0.01	1.82
PC-07-C92C	5313195N, 522654E, Length 41 meters, Azimuth 0 ^{o}, Dip -51 ^{o}							
	6	12	6	0.21	0.012	0.24	0.06	1.88
FOLLOWING HOLES PREVIOUSLY REPORTED								
PC-07-100	522586E, 5313310N, Length 122 meters, Azimuth 0 ^{o}, Dip -45 ^{o}							
	57	87	30	0.14	0.022	0.44	0.02	1.00
Including	72	87	15	0.22	0.032	0.64	0.01	1.40
PC-07-102	522521E, 5313672N, Length 72 meters, Azimuth 320 ^{o}, Dip -80 ^{o}							
	1	72	71	0.18	0.169	3.38	0.02	1.21
Including	30	49	19	0.52	0.268	5.36	0.03	2.84
Including	38	41	3	2.80	0.224	4.48	0.11	8.80
PC-07- C91B	522697E, 5313196N, Length 23 meters, Azimuth 0 ^{o}, Dip -50 ^{o}							
	4	18	14	0.19	0.040	0.80	0.08	2.00
PC-07-101	522525E, 5313676N, Length 80 meters, Azimuth 320 ^{o}, Dip -80 ^{o}							
	1	16	15	0.22	0.494	9.88	0.03	3.98
PC-O6-15	522531E, 5313695N, Length 89 meters, Azimuth 220°, Dip -50°							
	2	50	48	0.06	0.154	3.08	0.01	1.11
Including	9	17	8	0.18	0.560	11.20	0.02	4.37
PC-06-16	522527E, 5313689N, Length 89 meters, Azimuth 40°, Dip -50°							
	2	21	20	0.33	0.329	6.57	0.04	5.02
Including	9	18	9	0.52	0.581	11.62	0.03	9.85
	54	62	8	0.06	0.043	0.85	0.01	0.35

Hole #	From	To	Length	Copper	Mo	Mo	Gold	Silver
	(m)	(m)	(m)	(%)	(%)	(lbs/ton)	(g/tonne)	(g/tonne)
PC-06-26	522519E, 5313679N, Length 94 meters, Azimuth 220°, Dip -50°							
	2	31	29	0.03	0.044	0.88	0.01	0.34
Including	2	8	6	0.05	0.109	2.18	0.01	0.75
PC-06-27	522517E, 5313676N, Length 81 meters, Azimuth 40°, Dip -50°							
	2	50	48	0.04	0.072	1.44	0.01	0.43
Including	2	15	13	0.06	0.101	2.02	0.01	0.74
Including	28	40	12	0.04	0.136	2.72	0.01	0.55
	53	76	23	0.01	0.017	0.34	0.01	0.18
Assays for hole 101 reported on Feb 11, 2008. Assays for holes 15 &16 reported on March 22, 2006								
Assays for holes 26 & 27 reported October 16, 2006. Assays for holes 100, 102 & C91B reported Feb 21, 2008								
True width of mineralized intervals not known at this time.								