PACIFIC COMOX RESOURCES LTD.

Ryan Lake mill building | Ryan Lake ball mill | Ryan Lake North Zone pit | Mabel property drill roads

NEWS RELEASE

46 HOLES REPORTED GIVING A TOTAL OF 119 IN CARMELITAS ZONE OF MABEL PROPERTY AVERAGING 1.6 G/TONNE GOLD & 60 G/TONNE SILVER OVER AN AVERAGE INTERVAL OF 4.4 METERS

HOLES TESTING AT/NEAR SURFACE MINERALIZATION IN THE CARMELITAS ZONE OF COMOX'S MABEL PROPERTY IN NORTHERN SONORA STATE MEXICO

Toronto, Canada – October 2, 2008

Pacific Comox Resources Ltd. (TSX-V: PCM) reports the assays results for 46 holes in its RC drilling program to outline additional at/near surface gold/silver mineralization on a tighter drill spacing basis on the Mabel property in northern Sonora State Mexico. This program concentrated on the Carmelitas & Carmelitas North areas of the property where previous drilling had returned encouraging results. A total of 119 mineralized holes in these two areas have averaged 1.6 g/tonne gold & 60 g/tonne silver over average intervals of 4.4 meters starting at an average of 5.6 meters from surface. This area tested on a more closely spaced drilling basis is approximately 300 meters by 300 meters (see Figure C-1).

The results to-date for the areas of the Mabel property drilled or sampled are summarised in Table 1 below. Data for the 46 holes reported are summarised in Table 2. Assays are pending for the remainder to the drilling program.

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

Area	Number Of Holes	Thickness (meters)	Gold (g/tonne)	Silver (g/tonne)
Carmelitas & Carmelitas North	**119**	**4.4**	**1.6**	**60**
Carmelitas West	7	3.0	1.4	48
Gate North	11	5.0	1.6	78
Gate South	8	3.0	0.5	35
Ridge Zone	10	3.0	1.7	35
Ridge Zone – 3 Meter Chip Samples	14	-	0.7	68
Micho – RC Holes	10	All Reported Mineralized		
Micho – 3 Meter Chip Samples	9	-	4.6	192(1)

1. Also reported 0.43% copper.

Exploration Program On Mabel Property Northern Sonora Mexico
Pacific Comox has completed the current 7,000 meter RC drilling program on the Carmelitas and other areas of the Mabel property. Most of the holes are less than 20 meters deep. The program is designed to test on a more closely space basis the at/near surface gold/silver mineralization potential of a number of areas on the property where previous drilling or surface sampling has indicated mineralization.

All of the areas tested to-date and reported in Table 1 are open in all directions.

Preliminary metallurgical work on a 100 kg composite sample from the areas of drill intersected mineralization is underway.

A resource estimate is being started which will include the results of the current drilling program.

Robert Hill P. Eng. serves as the qualified person (QP) for the sampling and exploration programs under the definitions of National Instrument 43-101. 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 sample preparation facility at Hermosillo, Sonora which forwards prepared samples to the ALS Chemex Vancouver facility for assay.

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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MABEL PROJECT NORTHERN SONORA STATE MEXICO

Table 2: Summary of Selected Calculated Mineralized Intervals

Hole	UTM Coordinates		Hole	Hole	Hole	Interval			Gold	Silver
Number	Easting	Northing	Azimuth	Dip	Length(m)	From(m)	To(m)	Length(m)	(g/tonne)	(g/tonne)
209	454918.9	3444732.6	0°	-90°	22	15	21	6	0.21	6
210	454914.6	3444721.6	0°	-90°	27	19	21	2	0.55	25
215	454896.9	3444699.3	0°	-90°	10	2	4	2	0.52	15
256	454883.7	3444667.3	0°	-90°	19	7	12	5	0.40	21
273	454859.2	3444608.1	0°	-90°	7	2	4	2	1.20	18
278	454854.2	3444589.8	0°	-90°	12	6	9	3	2.16	54
279	454876.7	3444586.4	0°	-90°	13	4	8	4	0.22	10
287	454856.2	3444562.7	0°	-90°	10	4	6	2	0.86	11
293	454898.4	3444550.0	0°	-90°	10	3	8	5	2.36	89
294	454907.6	3444546.8	0°	-90°	10	5	8	3	3.87	151
304	454939.9	3444592.6	0°	-90°	7	1	3	2	0.51	10
305	454951.9	3444576.1	0°	-90°	25	16	22	6	0.50	39
306	454958.8	3444569.9	0°	-90°	25	18	24	6	0.41	16
308	454966.3	3444567.2	0°	-90°	25	18	22	4	0.98	39
309	454976.9	3444566.6	0°	-90°	19	12	17	5	2.60	177
310	454990.0	3444566.9	0°	-90°	16	8	13	5	3.06	128
311	454971.3	3444579.7	0°	-90°	16	9	13	4	0.84	25
312	454979.5	3444573.5	0°	-90°	13	7	12	5	2.92	141
313	454989.5	3444566.8	0°	-90°	16	11	14	3	0.91	92
314	455001.6	3444566.9	0°	-90°	13	7	10	3	2.57	152
315	455008.8	3444565.9	0°	-90°	13	5	9	4	2.83	59
316	455024.8	3444566.6	0°	-90°	11	4	8	4	2.08	44
318	454992.0	3444577.7	0°	-90°	10	3	7	4	1.19	32
319	454999.9	3444574.5	0°	-90°	10	3	8	5	2.48	161
320	455007.0	3444571.9	0°	-90°	10	2	6	4	4.79	87
321	455075.9	3444525.5	0°	-90°	7	1	4	3	1.90	104
323	455063.3	3444522.6	0°	-90°	13	5	11	6	0.34	36
324	455055.0	3444521.5	0°	-90°	16	8	12	4	1.12	72
325	455043.4	3444521.3	0°	-90°	13	7	11	4	0.45	29
326	455035.3	3444524.9	0°	-90°	13	5	9	4	0.84	52
327	455027.3	3444527.9	0°	-90°	13	4	8	4	0.58	25
328	455018.6	3444529.7	0°	-90°	7	3	6	3	1.38	55
329	455011.5	3444532.1	0°	-90°	7	0	5	5	0.49	29
330	455003.5	3444535.9	0°	-90°	7	0	4	4	1.44	65
331	454997.9	3444540.1	0°	-90°	7	0	6	6	4.11	94
334	454962.1	3444556.8	0°	-90°	30	22	25	3	0.98	86
335	454955.1	3444557.9	0°	-90°	31	26	29	3	2.09	98
354	454953.7	3444532.6	0°	-90°	10	2	7	5	1.16	40
355	454947.3	3444534.3	0°	-90°	10	4	7	3	1.96	78
356	454938.4	3444536.4	0°	-90°	13	7	11	4	0.73	38
358	455012.9	3444501.2	0°	-90°	7	0	3	3	0.76	24
359	455018.6	3444495.3	0°	-90°	7	0	3	3	0.57	24
360	455022.2	3444492.4	0°	-90°	12	0	3	3	0.11	8
363	454946.4	3444525.1	0°	-90°	13	5	8	3	1.13	36
364	454960.5	3444521.5	0°	-90°	10	1	6	5	0.33	18
365	454959.7	3444512.0	0°	-90°	10	3	7	4	0.63	33

Note: Holes reported are selected from 157 holes for which assays have been received. September 30, 2008

UTM Coordinates Zone 12

MABEL: CARMELITAS ZONE

C.1: Mineralized and Nonmineralized Holes Drilled To-Date (October 2008)