

PACIFIC COMOX RESOURCES LTD.



Ryan Lake mill building

Ryan Lake ball mill

Ryan Lake North Zone pit

Mabel property drill roads

NEWS RELEASE

PACIFIC COMOX REPORTS CYANIDE LEACH RECOVERIES OF 85% TO 95% FOR GOLD AND 82% TO 89% FOR SILVER AT MABEL GOLD/SILVER PROPERTY IN MEXICO

Toronto, Canada – October 8, 2008

Pacific Comox Resources Ltd. (TSX-V: PCM) reports cyanide leach test results on mineralization from the Carmelitas area of its Mabel property in northern Sonora State Mexico. This metallurgical test program was designed to establish the basic processing parameters of gravity separation, flotation, and cyanide leaching that will ultimately result in an optimized flowsheet for the mineralization.

The heap leach amenability tests (coarse mineralization bottle roll cyanidation tests) were conducted on approximately 1,000 gram of whole mineralization at different crush sizes for a 14 day period. Test results are summarized in Table M-1 below. The heap leach amenability cyanidation recovery of gold increased from 85.1% to 86.7% for gold and from 81.7% to 86.0% for silver when the feed size was decreased from 12.7 mm (1/2 inch) to 2.0 mm.

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Table M-1: Cyanide Leach Test Results			
Mabel Property - Carmelitas Zone			
1	HEAP LEACH AMENABILITY CYANIDATION RESULTS		
2	Whole Ore - 14 Days		
3		Gold	Silver
4	Head Grade (g/tonne)	3.3	117.0
5			
6	Feed Size - minus 12.7 mm		
7	Recovery	85.1	81.7
8			
9	Feed Size - minus 2.0 mm		
10	Recovery	86.7	86.0
11			
12	CONVENTIONAL CYANIDATION RESULTS		
13	Whole Ore - 48 hours		
14	Head Grade (g/tonne)	4.1	114.0
15			
16	Feed Size - minus 0.095 mm		
17	Recovery	95.2	89.2
October 8, 2008			

Tests were also conducted on samples at different grind sizes. With a feed size of minus 0.095 mm the gold recovery was 95.2% and the silver recovery was 89.2 % in a 48 hour leach test.

Exploration Program On Mabel Property Northern Sonora Mexico

The recent 7,000 meter program was designed to test on a more closely spaced 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. Most of the holes are less than 20 meters deep.

Including assays reported on October 2, 2008, a total of 119 mineralized holes in the Carmelitas and Carmelitas North 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. Mineralization starts at or within one meter of surface in 33 of the holes. This area tested on a more closely spaced drilling basis is approximately 300 meters by 300 meters.

The results to-date for the areas of the Mabel property drilled or sampled are summarised in Table M-2 below.

Table M-2: Summary of Mabel Results by Area (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 – RC Holes	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.				

- Pacific Comox has completed 571 holes on the Mabel property.
- Assays for the last part of the current program are pending.
- A resource estimate is being started which will include the results of the current drilling program.
- The resource estimate and the preliminary metallurgical work reported herein will lead to a prefeasibility study to assess the economics of the mineralization delineated to date.

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.

The cyanidation tests were conducted by SGS Mineral Services at Lakefield Ontario on composite samples prepared by Pacific Comox from the RC drilling programs in the Carmelitas area of the Mabel property.

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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