

# PACIFIC COMOX RESOURCES LTD.



Ryan Lake mill building

Ryan Lake ball mill

Ryan Lake North Zone pit

Mabel property drill roads

## NEWS RELEASE

### **9.0 g/tonne gold and 118 g/tonne silver over 6 meters starting at 2 meters reported on Mabel property Mexico in recent diamond drilling program to support N. I. 43-101 compliant resource estimate**

Toronto, Canada – September 10, 2009

Pacific Comox Resources Ltd. (TSX-V: PCM) reports assays for 27 of 43 diamond drill holes (1,003 meters) completed on the Carmelitas Zone of the Mabel property in northern Sonora State, Mexico. Almost all the holes drilled on Mabel previous to this program were reverse circulation. In the current program 27 diamond drill holes twinned selected reverse circulation holes in all areas of the Carmelitas Zone. The holes tested a number of stronger and weaker mineralized areas. They provide additional required structural data for the completion of a N. I. 43-101 compliant resource estimate.

The calculated mineralized intervals for the holes which reported significant mineralization are given in Table 1. A number of holes which tested weakly mineralized areas were also generally weakly mineralized. A statistical comparison of the diamond drill holes and the previous reverse circulation drill holes will be provided in the N. I. 43-101 report.

Diamond drill hole DDH029 in this program, as given in Table 1, returned strong results of 9.0 g/tonne gold and 118 g/tonne silver over a 6 meter interval starting at 2 meters in the hole.

Carmelitas has been an area of concentrated drilling to outline at/near surface gold/silver mineralization on a tighter drill spacing basis than the other 4 zones on Mabel where a significant amount of drilling has also been completed. To September 2009, excluding the current diamond drill program, 195 mineralized holes have been drilled in the Carmelitas Zone including 46 higher grade holes that averaged 2.9 g/tonne gold and 104 g/tonne silver, with an average mineralized interval of 4.5 meters.

Pacific Comox has drilled 611 holes, mainly reverse circulation, on the Mabel property totalling 12,546 meters in addition to the current diamond drill program. All the zones which have been drilled have returned holes or widely spaced clusters of holes which offer significant exploration potential. For example, 11 contiguous but widely spaced holes in the Gate North area have averaged 1.6 g/tonne gold and 78 g/tonne silver over average mineralized intervals of 5 meters with an average spacing of about 50 meters. More closely spaced drilling is needed to assess the economic potential of the zones. In the current campaign 15 holes were drilled on Gate Zone and will be reported when repeat assays are received. One hole tested an EM geophysics anomaly adjacent to Carmelitas.

It is planned to follow the current resource estimate with a preliminary economic assessment of the project based on the completed metallurgical test work and the resource estimate.

Bhagwat Singh 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. For the RC drill program the product was bagged separately for each meter of drill advance. In the current diamond drill program the core was sawn and intervals selected for assay. A split RC or diamond drill sample was 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.

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](http://www.pacificcomox.com) or the Company filings on SEDAR at [www.sedar.com](http://www.sedar.com) .

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

**PACIFIC COMOX RESOURCES LTD**

Mabel Project Northern Sonora State Mexico

Table 1: Summary of Selected Calculated Mineralized Intervals

Hole Number	UTM Coordinates		Hole Length(m)	Selected Interval			Gold (g/t)	Silver (g/t)
	Easting	Northing		From (m)	To (m)	Length (m)		
DDH016	454865	3444827	15	4	7	3	0.90	15
DDH019	454808	3444673	21	8	9	1	1.90	17
DDH023	454883	3444820	12	0	5	5	1.83	65
DDH024	454893	3444796	12	0	2	2	2.20	124
DDH025	454922	3444717	28	20	22	2	0.82	36
DDH027	454934	3444756	12	2	3	1	0.89	54
DDH029	454945	3444740	12	2	8	6	8.99	118
DDH030	454990	3444616	18	3	5	2	0.53	22
DDH031	455019	3444601	15	5	8	3	2.12	103
DDH033	455043	3444599	19	8	15	7	0.87	44
DDH034	455093	3444570	12	0	4	4	0.36	31
DDH035	454972	3444579	19	11	16	5	1.18	91
DDH036	455003	3444536	15	2	4	2	1.51	74
DDH037	454938	3444536	15	8	12	4	0.62	69
DDH038	454960	3444522	15	4	9	5	0.43	34
DDH040	454702	3444707	12	4	6	2	0.61	27
Average Grade							1.61	58
September 8, 2009								
Note: All holes vertical. All grades calculated as arithmetic averages.								
Holes reported are from 27 holes drilled in Carmelitas area in this campaign.								