

# PACIFIC COMOX RESOURCES LTD.



Ryan Lake mill building

Ryan Lake ball mill

Ryan Lake North Zone pit

Mabel property drill roads

## NEWS RELEASE

### **8.5 g/tonne gold and 446 g/tonne silver over 2 meters starting at 4 meters reported on Mabel property Mexico in recent diamond drilling program to advance exploration and support a N. I. 43-101 compliant resource estimate**

Toronto, Canada – September 14, 2009

Pacific Comox Resources Ltd. (TSX-V: PCM) reports assays for 15 diamond drill holes completed on the Gate Zone of the Mabel property in northern Sonora State, Mexico. In the current program 27 diamond drill holes twinned selected reverse circulation holes in all areas of the Carmelitas Zone and were previously reported. Almost all the holes drilled on Mabel previous to this program were reverse circulation. The current diamond drill holes provided additional required structural data for the completion of a N. I. 43-101 compliant resource estimate. A statistical comparison of the diamond drill holes and the previous reverse circulation holes will be provided in the N. I. 43-101 report.

Of the 15 holes in the area of the Gate Zone herein reported, three were exploration holes to the northwest of Gate Zone, and eight were exploration holes to southeast. Hole DDH058 approximately 150 meters south of the Gate Zone reporting 3 meters grading 0.23 g/t gold and 26 g/t silver starting at 13 meters in the hole and indicating that the Gate mineralization may trend more to the south rather than to the southeast.

The Gate Zone was previously defined by 10 contiguous mineralized RC holes in an area extending 250 meters north-south and 150 meters east-west. The 10 holes averaged 1.9 g/t gold and 93 g/t silver over average 4 meter intersections. Four holes in the current program were located in the central area of the Gate Zone to reduce the average spacing of holes which is approximately 50 meters. The intersected mineralized intervals are given in Table 1 as well as the holes which were previously reported.

Hole DDH051 reported 8.5 g/t gold and 446 g/t silver over a two meter intersection starting at 4 meters. The average of the new and old holes is 2.2 g/t gold and 117 g/t silver over average 4 meter intersections. The four new holes reduced the spacing in the north central sector of the Gate Zone but the spacing is still wide in the other sectors of the Gate Zone.

After Carmelitas, the Gate Zone is the next most important exploration target on Mabel in terms of the size of the area where significant numbers of contiguous mineralized holes have been drilled and the average grade of mineralized intersections outlined to date. However, Carmelitas has been an area of concentrated drilling to outline at/near surface gold/silver mineralization on a tighter drill spacing basis than Gate or the other 3 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/t gold and 104 g/t silver, with an average mineralized interval of 4.5 meters. The average of the 15 holes on the Gate Zone is 2.2 g/t gold and 117 g/t silver over average 4 meter intersections.

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. More closely spaced drilling is needed to assess the economic potential of the zones. One hole in the current diamond drill program 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.

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**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)		
DDH045	453808	3444502	36	23	25	2	0.75	52
DDH047	453775	3444580	33	29	30	1	0.19	39
DDH050	453815	3444569	15	1	4	3	2.36	174
DDH051	453826	3444543	18	4	6	2	8.47	446
RC31	453838	3444373	10	5	8	3	1.06	79
RC51	453812	3444396	35	0	3	3	0.73	13
RC52	453872	3444413	17	6	8	2	1.36	34
RC53	453861	3444478	17	1	4	3	1.48	38
RC55	453868	3444557	17	0	4	4	0.97	15
RC56	453831	3444517	23	9	13	4	1.48	74
RC67	453818	3444576	11	0	4	4	1.43	23
RC68	453776	3444557	37	24	29	5	3.24	376
RC69	453755	3444480	71	7	14	7	2.66	152
RC70	453773	3444432	20	11	15	4	4.51	124
<b>Average Grade</b>							<b>2.19</b>	<b>117</b>
September 12, 2009								
Note: All holes vertical. All grades calculated as arithmetic averages.								
DD holes reported are from 15 holes drilled in Gate area in this campaign.								
Other DD holes reported nil or weak assay results.								
RC holes previously reported								