

PACIFIC COMOX RESOURCES LTD.



Ryan Lake mill building

Ryan Lake ball mill

Ryan Lake North Zone pit

Mabel property drill roads

NEWS RELEASE

0.082 % (1.6 lb/ton) molybdenum, 12 g/tonne silver & 0.16 % copper over 2 meters in channel sample testing mineralized outcrop 2,150 meters north of former underground mine shaft

Toronto, Canada – September 28, 2009

Pacific Comox Resources Ltd. (TSX-V: PCM) reports assays for channel samples taken as part of a reconnaissance program to test mineralized outcrops on a trend extending north from the former underground copper mine and through the North and CLT Zones.

South Zone- Resource estimate completed

Comox has previously reported an indicated resource of 6.0 million tonnes grading 0.34% copper, 0.039% molybdenum (0.8 lb/ton), 0.09 g/t gold and 5.0 g/t silver for the South Zone which encompasses the previous producing (1950-64) underground copper mine. The zone is open in all directions and at depth.

RYAN LAKE PROPERTY				
South Zone Resource Estimate				
Tonnes (millions)	Molybdenum (%)	Copper (%)	Gold (g/tonne)	Silver (g/tonne)
6.0	0.039	0.34	0.09	5.0

North Zone- Resource estimate not completed

Comox has drilled 30 holes in an area 500 meters north of the shaft of the former underground mine. All the holes intersecting copper/molybdenum mineralization, previously reported. The holes intersected 19 higher grade mineralized intervals summarized below. Surface samples and one hole drilled approximately midway between the South and North Zones returned significant copper/molybdenum mineralization. The zone is open in all directions and at depth.

RYAN LAKE PROPERTY	
19 Higher Grade Mineralized Intervals In North Zone	
Molybdenum (%)	0.12 % (2.4 lbs/ton)
Copper (%)	0.16
Gold & silver	Low grade
Average length of mineralized interval	37 meters
Start of mineralized interval in drill holes	at 4 meters

CLT Zone – Resource estimate not completed

Comox has drilled 6 holes in an area 150 meters north of the North Zone and all holes intersected copper/molybdenum mineralization as previously reported. Three of the holes reported higher grade intervals as summarized below. The area between the North and CLT Zones has not been drill tested.

RYAN LAKE PROPERTY 3 Higher Grade Mineralized Intervals In CLT Zone	
Molybdenum (%)	0.26 % (5.1 lbs/ton)
Copper (%)	0.02
Gold & silver	Low grade
Average length of mineralized interval	12 meters
Start of mineralized interval in drill holes	at 13 meters

DR3 Zone (New Channel Sample Assays)

Two contiguous one meter samples returned 0.082% molybdenum (1.6 lb/ton) as well as significant copper, gold and silver as given in the table below. This Zone is 1,500 meters north of the CLT Zone. This channel sampling tested a mineralized outcrop which was partially exposed by previous operators but no data is available.

Comox had previously tested an outcrop about 50 meters to the east of the DR3 Zone with two diamond drill holes which returned molybdenum mineralization as summarised in Table 1. This extensive area of mineralization will warrant further testing.

RYAN LAKE PROPERTY 2 Channel Samples At DR3 Zone	
Molybdenum (%)	0.082 % (1.6 lbs/ton)
Copper (%)	0.16
Gold	0.02 g/tonne
Silver	12 g/tonne

Geochemical Soil Sampling

A geochemical soil sampling program covering most of the 1,500 meters from the CLT Zone to the DR3 Zone conducted by J. R. Mowat and Associates in 1965 (not National Instrument 43-101 compliant) reported a number of copper/molybdenum soil anomalies in the area between the CLT Zone and the DR3 Zone. These anomalies and the DR3 Zone warrant further testing.

Bhagwat Singh P. Eng. serves as the qualified person (QP) for the sampling and exploration programs under the definitions of National Instrument 43-101. For the channel sampling, each sample was sawn on four sides and removed to a uniform depth and bagged. In the diamond drill program the core was split and intervals selected for assay. A split diamond drill sample or channel sample was shipped by Company personnel to 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.

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Table 1: Assays Reported DR3 Zone

Ryan Lake Property

Location	From (m)	To (m)	Length (m)	Copper (%)	Mo (%)	Mo (lbs/ton)	Gold (g/tonne)	Silver (g/tonne)
Channel S.	522310E, 5315324N							
50163	13	14	1	0.04	0.024	0.48	0.01	5.8
50164	14	15	1	0.27	0.139	2.78	0.03	17.2
Average				0.16	0.082	1.63	0.02	11.5
	Holes Previously Reported							
GP-05-01	522401E, 5315329N, Length 84 meters, Azimuth 340°, Dip -50°							
	67	72	5	0.02	0.002	0.04	0.02	2.1
GP-05-02	522356E, 5315364N, Length 101 meters, Azimuth 160°, Dip -50°							
	37	39	2	0.19	0.004	0.08	0.02	2.9
	57	59	2	0.05	0.048	0.96	0.09	5.2
Assays for GP-05-01 and GP-05-02 reported January 2006								
Other 17 channel samples returned low or nil values.								