

PACIFIC COMOX RESOURCES LTD.



Ryan Lake mill building

Ryan Lake ball mill

Ryan Lake North Zone pit

Mabel property drill roads

NEWS RELEASE

Metallurgical testing of bulk samples of gold/silver mineralization underway at Mabel

Toronto, Canada – February 2, 2010

Pacific Comox Resources Ltd. (TSX-V: PCM) reports that the metallurgical testing of multi-tonne samples of gold/silver mineralization at Mabel has started. These tests will provide additional data for the preliminary economic assessment of gold/silver production at Mabel using a cyanide leach process and process design. Samples from several gold/silver areas on the Carmelitas zone will be tested. The preliminary economic assessment incorporates the resource estimate for Mabel.

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 February 2010, excluding the diamond drill twinned hole 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.

Bhagwat Singh P. Eng. serves as the qualified person (QP) for the exploration and metallurgical programs under the definitions of National Instrument 43-101. The geologist on the Mabel program is Cesar Lemas. A split sample of the feed, tails and cyanide leach solution at timed intervals are 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

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