

PACIFIC COMOX RESOURCES LTD.



Ryan Lake mill building

Ryan Lake ball mill

Ryan Lake North Zone pit

Mabel property drill roads

NEWS RELEASE

Comox's Leach Test # 1 on a 2.3 tonne sample gave recoveries of 77% for Gold and 59% for Silver

Toronto, Canada – March 29, 2010

Pacific Comox Resources Ltd. (TSX-V: PCM) reports the cyanide leaching results of the first bulk sample of gold/silver mineralization at Mabel. Based on the beginning and ending assays, the gold recovery was 77% and silver 59% for a 2.3 tonne sample of mineralization from a number of outcropping veins in the Carmelitas area of the Mabel property, during a 16 day leach period and crushed to 1.9 cm (0.75 inches). The head grade for Test # 1 was 2.1 grams/tonne (g/t) for gold and 61 g/t for silver.

A larger Test # 2 with a 12.9 tonne sample of mineralization and crushed to a smaller size of 1.3 cm or 0.5 inches is now underway. These tests will provide data for the preliminary economic assessment of gold/silver production at Mabel using a cyanide leach process and for process design. Test 2 mineralization is from several gold/silver areas previously drilled on the Carmelitas zone. 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 March 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 programs under the definitions of National Instrument 43-101. The geologist on the Mabel program is Cesar Lemas. A split sample of the feed and tails from the leach test was collected by Company staff and shipped by Company staff 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

Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts 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 or the Company filings on SEDAR at www.sedar.com .

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