

PACIFIC COMOX RESOURCES LTD



NEWS RELEASE

3.5% copper, 0.2 g/tonne gold, & 16 g/tonne silver reported for 21 meter sample across surface of new zone

Toronto, Canada – May 17, 2010

Pacific Comox Resources Ltd. (TSX-V: PCM) reports the assays for 26 surface samples, 3 meter long chip samples from the area north of the Micho copper/gold/silver zone. All samples were anomalous.

The strongest results were reported for a 300 meter east-west trending zone designated “Tajo de Cobre” located 800 meters north of the Micho RC drilling area. Of the 12 samples on this trend, 7 were taken across a face blasted to get fresh material and averaged 3.5% copper, 0.2 g/tonne gold and 16 g/tonne silver. The 5 other samples were taken in four locations from surface material (not blasted) within a 200 meter long alteration zone to the west. All the samples were anomalous in gold, silver and copper.

Four samples were taken to extend the area covered by 7 previously reported surface samples 200 meters northwest of the Micho drilling. The 11 samples averaged 3.8 g/tonne gold, 178 g/tonne silver and 0.55% copper.

The 10 RC holes drilled on the Micho Zone were previously reported with all holes intersecting mineralization. Hole 62 reported 6 meters starting at surface of 1.5 g/t gold, 51 g/tonne silver, 0.05% copper and the next 23 meters averaged 0.01 g/tonne gold, 10 g/tonne silver, and 1.1% copper, with the hole ending in mineralization.

The new results enlarge the area of strong gold/silver/copper results in the Micho-Tajo area to 1,200 meters east-west and 1,100 meters north-south. See Table 1 for the current assays.

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. The samples were collected by Company staff and transported 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.

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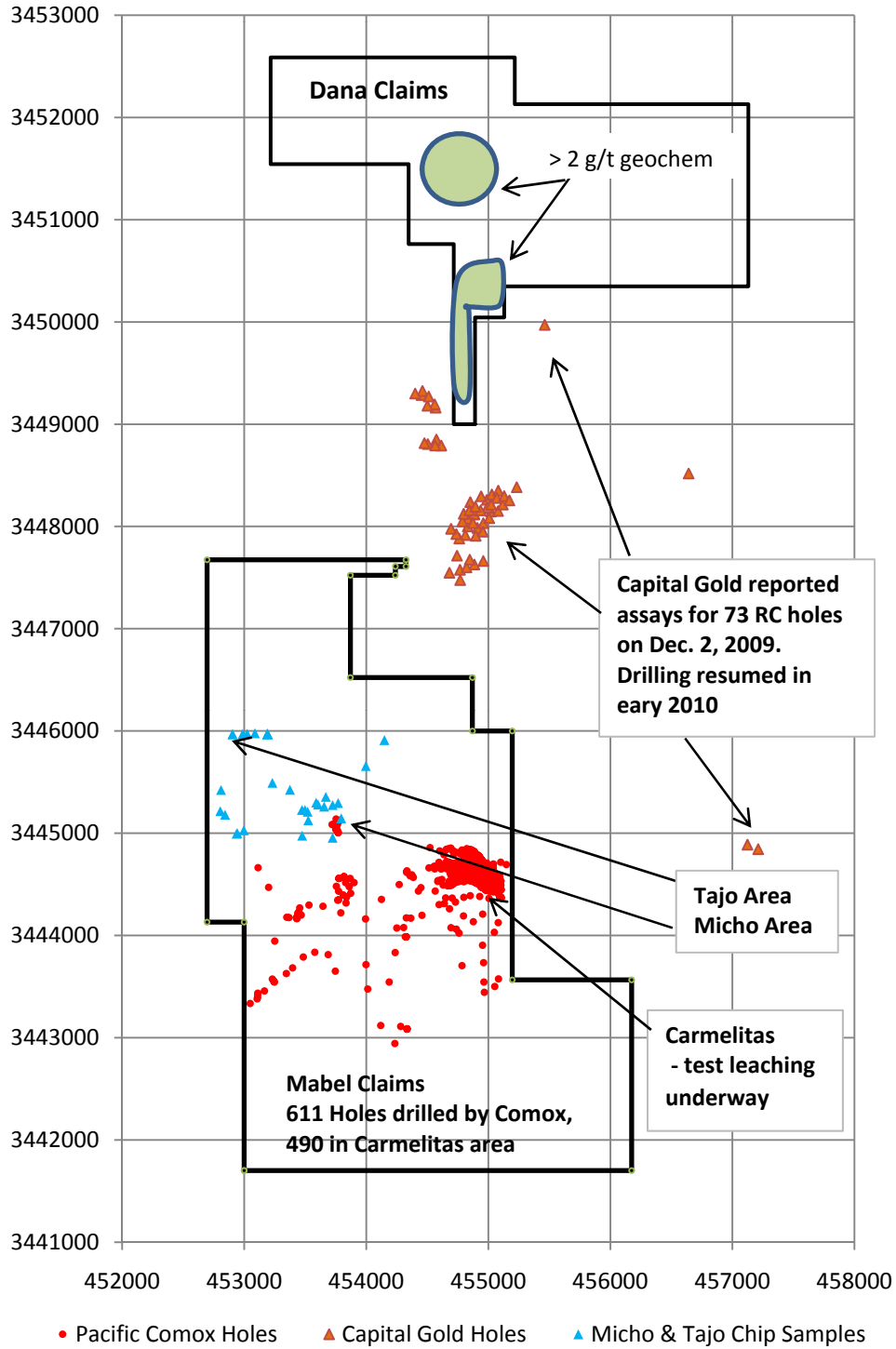
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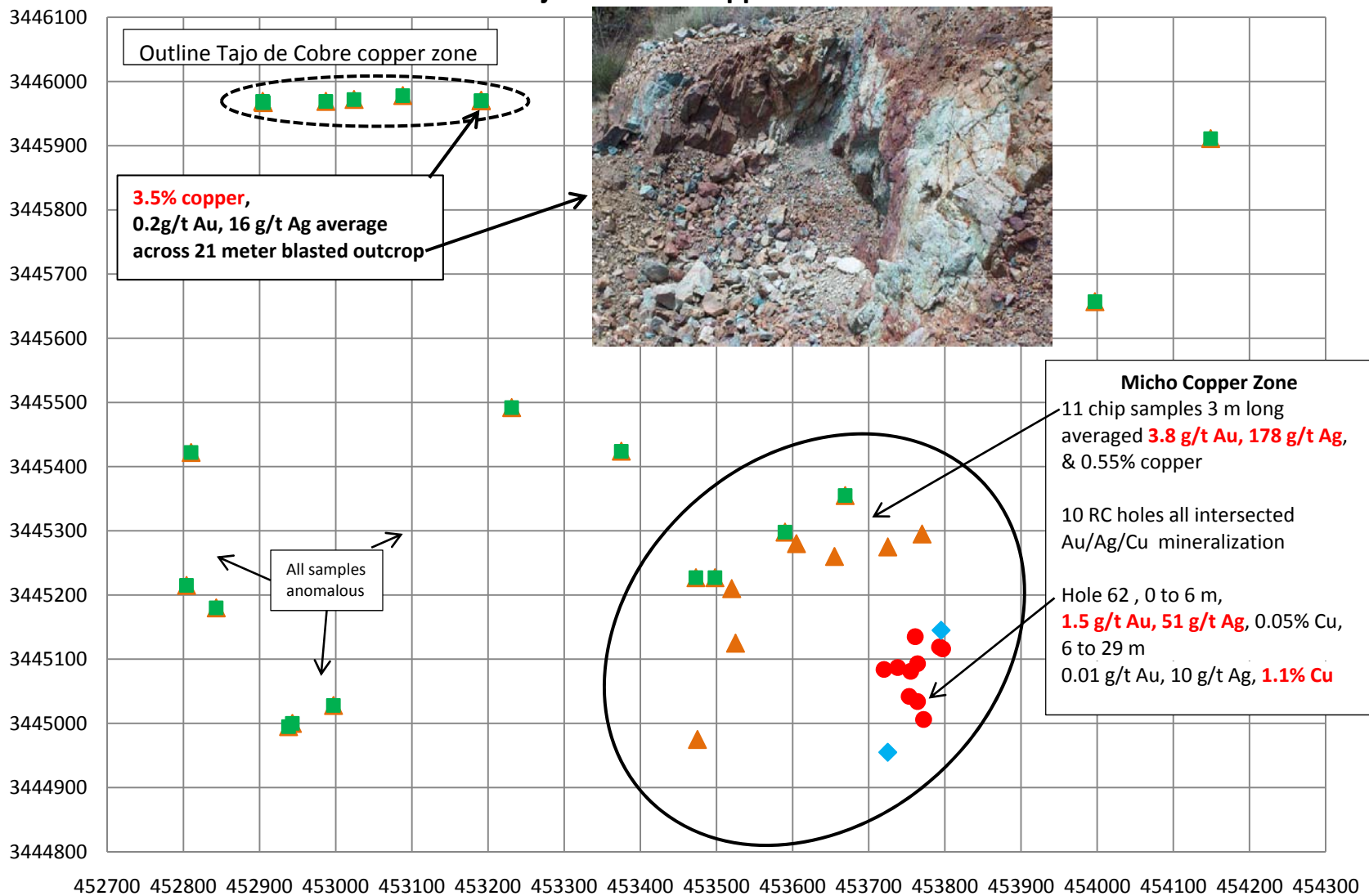
Table 1: 3 Meter Surface Samples In Micho-Tajo Area of Mabel

Sample #	UTM Coordinates		Gold	Silver	Copper
	Easting	Northing	(g/tonne)	(g/tonne)	(%)
M2-001	453498	3445227	3.05	121	0.077
M2-002	453590	3445298	1.63	32	0.028
M2-003	453669	3445355	0.51	10	0.016
M2-004	453997	3445657	0.03	1	0.003
M2-005	454149	3445911	0.11	6	0.033
M2-006	453191	3445970	0.09	8	5.650
M2-007	453473	3445227	3.35	314	0.396
M2-008	453375	3445424	0.09	4	0.024
M2-009	453231	3445492	0.36	8	0.029
M2-010	452810	3445422	0.02	<1	0.015
M2-011	452804	3445215	0.05	4	0.003
M2-012	452843	3445180	0.07	8	0.009
M2-013	452943	3445000	0.02	9	0.011
M2-014	452938	3444995	0.07	51	0.016
M2-015	452997	3445028	0.03	5	0.007
M2-016	453191	3445970	0.28	17	1.880
m2-017	453191	3445970	0.37	27	3.560
M2-018	453191	3445970	0.20	20	3.440
M2-019	453191	3445970	0.14	13	3.250
M2-020	453191	3445970	0.04	17	1.895
M2-021	453191	3445970	0.12	8	4.640
M2-022	453088	3445978	0.03	2	0.052
M2-023	453024	3445972	0.01	1	0.017
M2-024	452987	3445969	0.02	1	0.003
M2-025	452905	3445967	0.01	8	0.003
M2-026	452904	3445969	0.03	20	0.001
Note: Other Assays previously reported					
May 17, 2010					

Figure DMC.2
Outline Of Comox's Mabel & Dana Properties
Holes Drilled By Comox & Capital Gold



**Figure MZ.2: NorthWest Mabel
Micho & Tajo de Cobre Copper-Gold-Silver Zones**



UTM Coord. Zone 12 ● Mineralized RC Holes ▲ 3 Meter Chip Samples ■ 2010 3 Meter Chip Samples ◆ Minera Teck 2 meter samples