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PRESS RELEASE

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ROMIOS' DIAMOND DRILLING AT TREK PROPERTY CONTINUES TO INTERSECT WIDE ZONES OF GOLD – COPPER PORPHYRY STYLE MINERALIZATION

Romios Gold Resources Inc(TSX-V:RG) is pleased to report assay results for diamond drill holes TRK 08-03, TRK 08-04, TRK 08-05 and TRK 08-06, which were drilled during the 2008 summer exploration program on its Trek property located in the Galore Creek area of British Columbia. The holes were drilled to further delineate high grade intersections of breccia-hosted copper-gold mineralization and wide zones of porphyry-style gold-copper mineralization intersected in discovery drill hole TRK 08-01 and drill hole TRK 08-02. Breccia-hosted mineralization was also identified in the sampling of a highly mineralized breccia swarm located approximately 150 metres (492 feet) in a cliff face west of the current drilling area.

TRK-08-03

Diamond drill hole TRK 08-03 was drilled to a depth of 209.5 metres (687 feet) in a northeasterly direction from the same location as drill hole TRK 08-02 and at an angle of 20 degrees to the vertical drill hole TRK 08-02. The hole intersected a higher grade mineralized zone from 177.4 metres to 209.49 metres downhole (32.1 metres or 105.3 feet) that assayed 0.34 gpt gold, 3.06 gpt silver and 0.31 % copper. The zone is contained within a mineralized interval from 92.26 metres to 209.5 metres (117.24 metres or 384.60 feet) that assayed 0.28 gpt gold, 1.63 gpt silver and 0.14% copper.

The hole was stopped prematurely at 209.49 metres due to fractured ground conditions. The drill hole was terminated in higher grade mineralization at the bottom of the hole. The weighted average grade of the last 3.14 metres or 10.30 feet of the hole is 0.60 gpt gold, 3.59 gpt silver and 0.67% copper. Details of assay intervals, grades and weighted average grades are listed below. All intervals in this Press Release are core lengths and not necessarily true widths.

TRK 08- 03

From (m)	To (m)	Width (m)	Width (F)	Au gpt	Ag gpt	% Cu
177.39	178.92	1.52	5.00	0.249	3	0.1455
178.92	180.44	1.52	5.00	0.153	1.6	0.0621
180.44	181.97	1.52	5.00	0.362	3.6	0.407
181.97	183.49	1.52	5.00	0.169	0.9	0.141
183.49	185.01	1.52	5.00	0.293	2.6	0.398
185.01	186.54	1.52	5.00	1.135	11.9	0.892
186.54	188.06	1.52	5.00	0.249	1.8	0.239
188.06	188.82	0.76	2.50	0.099	1	0.203
188.82	189.46	0.64	2.10	3.86	20.3	1.88
189.46	190.27	0.81	2.65	0.366	3.1	0.446
190.27	191.11	0.84	2.75	0.042	0.4	0.0399
191.11	192.63	1.52	5.00	0.087	1	0.1305
192.63	194.16	1.52	5.00	0.262	4.2	0.323
194.16	195.68	1.52	5.00	0.159	2.2	0.1625
195.68	197.21	1.52	5.00	0.097	1.6	0.155
197.21	198.73	1.52	5.00	0.222	3.9	0.205
198.73	200.25	1.52	5.00	0.07	0.9	0.1085
200.25	201.78	1.52	5.00	0.136	3.4	0.1535
201.78	203.30	1.52	5.00	0.181	2.1	0.333
203.30	204.83	1.52	5.00	0.089	0.9	0.13
204.83	206.35	1.52	5.00	0.032	0.6	0.0831
206.35	207.87	1.52	5.00	0.624	4	0.678
207.87	209.49	1.62	5.30	0.583	3.2	0.664
Weighted Average:		32.10	105.30	0.34	3.06	0.31

Contained within:

From (m)	To (m)	Width (m)	Width (F)	Au gpt	Ag gpt	% Cu
3.05	209.49	206.44	677.30	0.18	1.17	0.08

From (m)	To (m)	Width (m)	Width (F)	Au gpt	Ag gpt	% Cu
159.11	209.49	50.38	165.30	0.28	2.38	0.22

From (m)	To (m)	Width (m)	Width (F)	Au gpt	Ag gpt	% Cu
92.26	209.49	117.23	384.60	0.28	1.63	0.14

TRK 08-04 and TRK 08-05

Diamond drill holes TRK 08-04 and TRK 08-05 were drilled from the same setup at a location approximately 130 metres (426.4 feet) southeast of drill holes TRK 08-01, TRK 08-02 and TRK 08-03. Drill hole TRK 08-04 is mineralized for the full length of the hole over a core length of 166.12 metres or 545.0 feet grading 0.07 gpt gold, 0.47 gpt silver and 0.02 % copper.

Diamond drill hole TRK 08-05 was drilled as an angle hole to a depth of 311.5 metres or 1022 feet. The drill hole intersected a higher grade zone of mineralization grading 0.08 gpt gold, 3.96 gpt silver and 0.15 % copper over a core length of 12 metres (39.4 feet) from 157.58 metres (517 feet) to 169.77 metres (557 feet). The weighted average grade from bedrock to the bottom of the drill hole for a core length of 306.93 metres or 1,007 feet is 0.04 gpt gold, 0.83 gpt silver and 0.03% copper. Management believes the style of mineralization and the associated

alteration encountered in holes TRK 08-04 and TRK 08-05 indicate that they may be located on the periphery of a mineralized porphyry system.

TRK 08-04

From (m)	To (m)	Width (m)	Width (F)	Au gpt	Ag gpt	% Cu
7.62	173.74	166.12	545.00	0.07	0.47	0.02

TRK 08-05

From (m)	To (m)	Width (m)	Width (F)	Au gpt	Ag gpt	% Cu
157.58	159.11	1.52	5.00	0.12	2.9	0.236
159.11	160.63	1.52	5.00	0.042	0.7	0.0826
160.63	161.80	1.17	3.85	0.28	7.6	0.557
161.80	162.98	1.17	3.85	0.062	1.9	0.115
162.98	164.09	1.11	3.64	0.081	7.6	0.108
164.09	165.20	1.12	3.66	0.087	4.5	0.0543
165.20	166.73	1.52	5.00	0.02	8.8	0.0735
166.73	168.28	1.55	5.10	0.022	2.5	0.0844
168.28	169.77	1.49	4.90	0.017	0.6	0.108
Weighted Average:		12.19	40.00	0.08	3.96	0.15

TRK 08-06

Diamond Drill hole TRK 08-06 is located approximately 110 metres (360.9 feet) northwest of holes TRK 08-01, TRK 08-02 and TRK 08-03. The hole was drilled to a depth of 192.9 metres (632.8 feet) and intersected 23.71 metres or 78.0 feet of mineralization from 164.29 metres (539.0 feet) to 188.06 metres (617.0 feet) grading 0.31 gpt gold, 1.78 gpt silver and 0.11% copper. A 1.52 metre (5 foot) interval near the bottom of the hole graded 0.46 gpt gold, 1.78 gpt silver and 0.31% copper. As in hole TRK 08-03, the drill hole was stopped prematurely before its target depth was reached due to fractured ground conditions. It is believed that the hole was entering a higher grade interval of a porphyry system at the bottom of the hole. The hole was mineralized from bedrock to the bottom of the hole, with a weighted average grade of 0.13 gpt gold, 0.82 gpt silver and 0.08% copper over a core length of 192.94 metres or 633 feet.

TRK 08-06

From (m)	To (m)	Width (m)	Width (F)	Au gpt	Ag gpt	% Cu
164.29	164.74	0.46	1.50	0.148	4.4	0.322
164.74	165.20	0.46	1.50	0.028	0.3	0.0355
165.20	166.73	1.52	5.00	0.653	2.1	0.121
166.73	168.25	1.52	5.00	0.122	1.2	0.0843
168.25	169.77	1.52	5.00	0.136	0.6	0.0464
169.77	171.30	1.52	5.00	0.283	1	0.0548
171.30	172.82	1.52	5.00	0.543	0.8	0.0543
172.82	174.35	1.52	5.00	0.132	0.9	0.0569
174.35	175.87	1.52	5.00	0.128	1.4	0.0815
175.87	177.39	1.52	5.00	0.539	4	0.214
177.39	178.92	1.52	5.00	0.359	2.7	0.162

178.92	180.44	1.52	5.00	0.193	1.5	0.0887
180.44	181.97	1.52	5.00	0.278	2.1	0.1285
181.97	183.49	1.52	5.00	0.501	2.5	0.153
183.49	185.01	1.52	5.00	0.3	2.1	0.1135
185.01	186.54	1.52	5.00	0.207	1.4	0.0849
186.54	188.06	1.52	5.00	0.462	2.1	0.1255
Weighted Average:		23.71	78.00	0.31	1.78	0.11

From (m)	To (m)	Width (m)	Width (F)	Au gpt	Ag gpt	% Cu
3.05	195.99	192.94	633.00	0.13	0.82	0.08

Tom Drivas, President of Romios Gold Resources Inc commented “We are very pleased with these recent assay results for the holes completed on the Trek property. The drilling continues to expand the mineralized zones intersected in our earlier holes and provides further evidence of a potential mineralized porphyry system on the Trek property. As noted in our previous Press Release on the drilling results at Trek, we are encountering grades that are comparable to other large tonnage gold-copper porphyry deposits in British Columbia. To date, the mineralized zone has been intersected over an area measuring 240 metres (787.4 feet) by 150 metres (492.1 feet) and to a depth of 315.16 metres (1,034 feet). The system is well mineralized, containing breccia zones as well as porphyry style mineralization. We view these drilling results as an indication of a new discovery that has the potential to become a viable copper-gold deposit of significance and we look forward eagerly to continue to outline the system.”

The Trek property is a large claim block containing 4,297 hectares (10,618 acres) situated predominately within the claim boundary of NovaGold/ Teck Cominco’s Galore Creek Property. It is located approximately 8.5 kilometres (5.28 miles) southeast of the Galore Creek deposit and 4.5 kilometres (2.79 miles) south of the Copper Canyon deposit. For location of the Trek Property, see property map in Romios’ website: www.romios.com. Major sections of the access road to the Galore Creek deposit have been completed between Highway 27 and the location of the Trek property – see photos on Romios Gold’s website in the photo section for the Trek property. Romios has an option from the Galore Creek Syndicate to earn a 100 % interest in the Trek property, subject to a 2% Net Smelter Royalty in favour of the optionors.

All drill core samples submitted by Romios to the laboratory of ALS Chemex were analyzed for copper, gold and silver by ICP and fire-assay elemental analysis. The mineralized core intervals from NQ and HQ diameter core were split in the field using an electric-powered core saw. Samples were hand delivered to ALS Chemex Laboratories in Terrace, British Columbia for preparation and then shipped to Vancouver for analysis. In addition to the laboratory’s quality control program, a rigorous on-site quality assurance and quality control program was implemented involving the insertion of blanks, standards and splits.

The technical information contained in this press release has been reviewed and approved by Mr. Thomas Skimming, P. Eng., Geologist, V.P. of Exploration, Director of Romios Gold Resources Inc. and a qualified person as defined by National Instrument 43-101.

About Romios Gold Resources Inc.

Romios Gold Resources Inc., a progressive Canadian mineral exploration company established in 1995, is headquartered in Toronto and is actively engaged in precious and base metal exploration across North America with a primary focus on gold, silver and copper. Romios has significant property interests in British Columbia, Ontario and Nevada. The Corporation is undertaking extensive exploration work on its Galore Creek area properties in British Columbia, which are centrally located between Nova Gold's large gold-copper-silver deposit and Barrick's high grade gold mine at Eskay Creek.

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