



Romios Gold
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NASDAQ OTC: RMIOF

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PRESS RELEASE

FOR IMMEDIATE RELEASE

October 22, 2008.

Romios Intersects 2.06% Copper, 1.05 GPT Gold and 26.01 GPT Silver Over 32.0 Metres (105 ft.) in Discovery Hole at its Trek Property

Higher Grade Breccia Mineralization Contained Within 131.4 Metre (431 ft.) Zone Grading 0.61% Copper, 0.39 g/t Gold and 8.47 g/t Silver.

Romios Gold Resources Inc. (TSX- V: RG) today announced the results of hole TRK 08-01 recently completed at its Trek property located in the Galore Creek area of northwestern British Columbia. The hole was drilled at minus 70 degrees to a depth of 196.6 metres (645 feet) and was designed to test a mineralized breccia zone exposed in a cliff face located 110 metres(361 feet) west of the drill hole. **TRK 08-01 cut a higher grade breccia zone from 147.5 metres to 179.5 metres downhole (32.0 metres or 105 ft.) that assayed 2.06 % copper, 1.05 g/t gold and 26.01 g/t silver. The breccia zone was contained within a mineralized interval from 65.2 metres to 196.6 metres, (131.4 metres or 431 ft. in the hole), that had a weighted average grade of 0.61 % copper, 0.39 g/t gold and 8.48 g/t silver.**

Sampling results of the breccia zone exposed in the cliff face averaged 1.22% copper, 0.68 g/t gold and 8.66 g/t silver over a mineralized area measuring 62 metres by 20 metres (203.4 ft. by 65.6 ft.). The results were reported in Romios Gold's Press Release dated October 2, 2008. Pictures of the exposed breccia swarm are available for viewing on Romios Gold's web site ([www. Romios Gold .com](http://www.RomiosGold.com)) – see Trek property – Photo Gallery. The Trek property is a block containing 4,297 hectares(10,618 acres) within the claim boundary of Nova Gold/Teck Cominco's Galore Creek property. It is located approximately 8.5 kilometres south- east of the Galore Creek deposit and 4.5 kilometres south of the Copper Canyon Resources Ltd. deposit. For the location of the Trek property, see the property map on Romios Gold's web site.

The following chart outlines the detailed information related to the sampling and analysis of the drill core from diamond drill hole TRK 08-01. All intervals reported in this Press Release are core lengths and not true widths.

DDH TRK 08-01

From (m)	To (m)	Width (m)	Width (F)	%Cu	Au g/t	Ag g/t
147.52	149.05	1.52	5.00	1.16	1.695	20.4
149.05	150.57	1.52	5.00	1.21	0.875	16.6
150.57	152.10	1.52	5.00	0.477	0.812	13.4
152.10	153.62	1.52	5.00	1.1	0.624	15.9
153.62	155.14	1.52	5.00	2.64	2.03	40.3
155.14	156.67	1.52	5.00	0.8	1.04	10.6
156.67	158.19	1.52	5.00	0.404	1.505	9.5
158.19	159.72	1.52	5.00	0.405	1.135	7.8
159.72	161.24	1.52	5.00	1.28	0.685	19.8
161.24	162.76	1.52	5.00	1.14	0.754	26.3
162.76	164.29	1.52	5.00	1.58	1.025	29.5
164.29	165.81	1.52	5.00	1.35	1.14	26.8
165.81	167.52	1.71	5.60	3.2	2.29	63.9
167.52	168.46	0.94	3.10	6.97	4.23	117
168.46	170.38	1.92	6.30	0.903	0.897	18.6
170.38	171.42	1.04	3.40	1.93	0.12	29.4
171.42	173.43	2.01	6.60	5.59	0.059	28.6
173.43	174.28	0.85	2.80	2.72	0.0025	26.2
174.28	175.69	1.40	4.60	3.64	0.609	18.5
175.69	176.20	0.52	1.70	2.7	1.39	14.2
176.20	177.76	1.55	5.10	3.51	0.482	15.9
177.76	178.89	1.13	3.70	3.22	1.06	38.1
178.89	179.53	0.64	2.10	0.638	0.135	7.8
	Weighted Average	32.00	105.00	2.062	1.05543	26.019

Within:

From (m)	To (m)	Width (m)	Width (F)	%Cu	Au g/t	Ag g/t
65.23	66.75	1.52	5.00	0.0015	0.098	0.1
66.75	68.28	1.52	5.00	0.0072	0.082	0.1
68.28	69.80	1.52	5.00	0.0038	0.127	0.2
69.80	71.32	1.52	5.00	0.002	0.027	0.1
71.32	72.85	1.52	5.00	0.0089	0.059	0.2
72.85	73.81	0.96	3.15	0.0048	1.035	0.5
73.81	75.90	2.09	6.85	0.012	0.665	0.5
75.90	77.05	1.16	3.80	0.0083	0.026	0.3
77.05	78.43	1.37	4.50	0.0287	0.061	95
78.43	78.94	0.52	1.70	0.0013	0.074	0.5
78.94	80.47	1.52	5.00	0.0019	0.086	0.3
80.47	81.99	1.52	5.00	0.0109	0.599	0.8
81.99	83.52	1.52	5.00	0.0171	0.26	0.7
83.52	85.04	1.52	5.00	0.0107	0.261	0.4
85.04	86.56	1.52	5.00	0.0036	0.144	0.4
86.56	88.09	1.52	5.00	0.0039	0.028	0.4
88.09	89.61	1.52	5.00	0.0094	0.016	0.5
89.61	91.14	1.52	5.00	0.0409	0.633	1
91.14	92.66	1.52	5.00	4.69	1.795	17.1
92.66	94.18	1.52	5.00	0.0127	0.121	0.4
94.18	95.71	1.52	5.00	0.0979	0.12	0.7
95.71	97.23	1.52	5.00	0.0312	0.023	0.3
97.23	98.76	1.52	5.00	0.0611	0.15	0.8
98.76	100.28	1.52	5.00	0.01	0.008	0.2
100.28	101.80	1.52	5.00	0.0163	0.028	0.2
101.80	103.33	1.52	5.00	0.0063	0.008	0.3
103.33	104.85	1.52	5.00	0.149	0.01	0.2
104.85	106.38	1.52	5.00	0.043	0.121	0.2
106.38	107.90	1.52	5.00	0.0123	0.023	0.2
107.90	109.42	1.52	5.00	0.0113	0.021	0.2
109.42	110.95	1.52	5.00	0.0297	0.057	0.7
110.95	112.47	1.52	5.00	0.161	0.429	3.8
112.47	113.72	1.25	4.10	0.0808	0.105	1.6
113.72	114.97	1.25	4.10	0.0301	0.066	0.8
114.97	115.52	0.55	1.80	0.0442	0.165	1.1
115.52	117.04	1.52	5.00	0.0339	0.257	0.7
117.04	118.57	1.52	5.00	0.0333	0.053	0.5
118.57	120.09	1.52	5.00	0.0375	0.369	0.8
120.09	121.62	1.52	5.00	0.0312	0.032	0.2

121.62	123.44	1.83	6.00	0.0221	0.471	0.3
123.44	124.66	1.22	4.00	0.0728	0.197	1.2
124.66	126.19	1.52	5.00	0.0792	0.119	1.2
126.19	127.71	1.52	5.00	0.0356	0.058	0.4
127.71	129.24	1.52	5.00	0.0232	0.029	0.1
129.24	130.76	1.52	5.00	0.0514	0.048	0.7
130.76	131.67	0.91	3.00	0.0548	0.108	0.7
131.67	132.89	1.22	4.00	0.106	0.17	1.4
132.89	134.42	1.52	5.00	0.0659	0.077	0.8
134.42	135.94	1.52	5.00	0.0654	0.053	1.3
135.94	136.86	0.91	3.00	0.112	0.053	1.6
137.31	138.38	1.07	3.50	0.529	0.401	7.3
138.38	139.60	1.22	4.00	0.257	0.222	4.1
139.60	141.58	1.98	6.50	0.0888	0.07	1.6
141.58	142.95	1.37	4.50	0.377	0.121	8
142.95	144.48	1.52	5.00	0.309	0.113	4.7
144.48	146.00	1.52	5.00	0.142	0.12	1.9
146.00	147.52	1.52	5.00	0.106	0.137	1.5
147.52	149.05	1.52	5.00	1.16	1.695	20.4
149.05	150.57	1.52	5.00	1.21	0.875	16.6
150.57	152.10	1.52	5.00	0.477	0.812	13.4
152.10	153.62	1.52	5.00	1.1	0.624	15.9
153.62	155.14	1.52	5.00	2.64	2.03	40.3
155.14	156.67	1.52	5.00	0.8	1.04	10.6
156.67	158.19	1.52	5.00	0.404	1.505	9.5
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159.72	161.24	1.52	5.00	1.28	0.685	19.8
161.24	162.76	1.52	5.00	1.14	0.754	26.3
162.76	164.29	1.52	5.00	1.58	1.025	29.5
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165.81	167.52	1.71	5.60	3.2	2.29	63.9
167.52	168.46	0.94	3.10	6.97	4.23	117
168.46	170.38	1.92	6.30	0.903	0.897	18.6
170.38	171.42	1.04	3.40	1.93	0.12	29.4
171.42	173.43	2.01	6.60	5.59	0.059	28.6
173.43	174.28	0.85	2.80	2.72	0.0025	26.2
174.28	175.69	1.40	4.60	3.64	0.609	18.5
175.69	176.20	0.52	1.70	2.7	1.39	14.2
176.20	177.76	1.55	5.10	3.51	0.482	15.9
177.76	178.89	1.13	3.70	3.22	1.06	38.1
178.89	179.53	0.64	2.10	0.638	0.135	7.8
179.53	181.05	1.52	5.00	0.227	0.079	3.7
181.05	182.58	1.52	5.00	0.321	0.102	7.9
182.58	184.10	1.52	5.00	0.113	0.036	1.3
184.10	185.62	1.52	5.00	0.032	0.013	0.3
185.62	187.15	1.52	5.00	0.11	0.02	1.2
187.15	188.67	1.52	5.00	0.0404	0.02	0.7
188.67	190.20	1.52	5.00	0.0123	0.009	0.3
190.20	191.72	1.52	5.00	0.0077	0.0025	0.7
191.72	193.24	1.52	5.00	0.0164	0.01	0.4
193.24	194.77	1.52	5.00	0.0172	0.01	0.6
194.77	196.60	1.83	6.00	0.0136	0.009	0.3
Weighted Average		129.08	423.50	0.6154	0.38655	8.4953

Tom Drivas, President of Romios Gold stated “The wide intersection of these high grade copper, gold and silver values in Hole TRK 08-01 indicates the significant potential of this discovery. As reported in Romios Gold’s Press Releases of September 3, 2008, we have also intersected the mineralized zone over wide intervals in our other drilling at Trek, which further indicates the potential of the mineralized zones. We are awaiting assay results from the additional holes.”

Romios has an option from the Galore Creek syndicate to earn a 100 % interest in the Trek property, subject to a 2% Net Smelter Returns Royalty in favour of the optionors.

All drill core samples submitted by Romios to the ALS Chemex laboratory were analyzed for copper, gold and silver by ICP analysis. The mineralized core intervals from

NQ diameter core were split in the field using an electric- powered core saw and then the 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/Teck Cominco's large gold-copper-silver deposit and Barrick's high grade gold mine at Eskay Creek.

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gold and other metals, currency and interest rate fluctuations, increased competition and general economic and market factors, occur or should assumptions underlying the forward looking statements prove incorrect, actual results may vary materially from those described herein as intended, planned, anticipated, or expected. We do not intend and do not assume any obligation to update these forward-looking statements, except as required by law. Shareholders are cautioned not to put undue reliance on such forward-looking statements.