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PRESS RELEASE

FOR IMMEDIATE RELEASE

October 2, 2008.

**Sampling of a Mineralized Breccia Swarm at Romios Gold's Trek Property
Averages 1.39% Copper, 0.49 g/t Gold and 7.85 g/t Silver over Area Measuring 250
Metres by 50 Metres**

***Individual Chip Samples Yield up to 7.04 % Copper, 0.093 g/t Gold and 36.9 g/t Silver
Over 1.0 Metres***

Romios Gold reports that the average grade of 48 samples from a mineralized breccia swarm measuring 250 metres by 50 metres (820 ft. by 164 ft.) and exposed in a cliff face at its Trek property was 1.39 % copper, 0.49 g/t gold and 7.85 g/t silver. A chip sample from the area assayed 7.04 % copper , 0.093 g/t gold and 36.9 g/t silver over 1m (3.28 ft.). The exposed area of the mineralized breccia swarm measures approximately 250 metres (820 ft.) in the horizontal dimension and 50 metres (164 ft.) in the vertical dimension. The lower portion of the exposed area is covered by a talus slope. Pictures of the exposed breccia zone can be viewed on Romios Gold's web site (www.Romios.com) – see Trek property – Photo Gallery. The breccia pipes are well mineralized with primary chalcopyrite and pyrite mineralization seen as coarse, clotty matrix fill and outcrops are heavily coated with secondary malachite and azurite staining.

Following the sampling program, a diamond drilling program was initiated to further test the exposed mineralization. The diamond drill program, consisting of six holes, as reported in Romios Gold's Press Release dated Sept 3, 2008, produced positive results with hole TRK -08-01 cutting a well mineralized 32 metre (105 ft.) interval of the breccia zone contained within a 131 metre (431 ft.) interval of disseminated mineralization. Disseminated mineralization was also intersected in the remaining holes and assay results are pending.

Sampling results are detailed in Table 1 below.

Table 1

ASSAY#	Cu %	Au (g/t)	Ag (g/t)	SAMPLE TYPE
G071458	3.01	2.2	23.3	outcrop
G071459	1.65	1.65	10.5	outcrop

ASSAY#	Cu %	Au (g/t)	Ag (g/t)	SAMPLE TYPE
G071460	3.83	1.915	15.9	outcrop
G071461	0.322	0.018	0.9	outcrop
G071462	4.62	0.762	14	outcrop
G071463	3.35	0.437	8.5	outcrop
G071464	3.17	0.835	10.1	outcrop
G071465	2.19	0.89	11	outcrop
G071466	0.305	0.36	6.8	outcrop
G071467	0.265	0.719	9	outcrop
G071468	0.534	0.096	2.2	outcrop
G071469	0.999	1.315	16.8	outcrop
G071470	0.173	4.23	20.3	outcrop
G071471	0.294	0.479	2.4	outcrop
G071473	0.251	0.145	4.3	outcrop
G071474	0.361	0.088	4	outcrop
G071475	1.81	0.689	29.4	outcrop
G071476	1.06	0.178	6.8	outcrop
G071477	1.41	3.11	15.8	outcrop
G071478	1.01	0.103	0.4	1m chip
G071479	1.02	0.14	0.4	1m chip
G071480	2.72	0.106	10.5	1m chip
G071481	0.256	0.244	3.3	1m chip
G071482	1.95	0.476	3	1m chip
G071483	7.04	0.093	36.9	1m chip
G071484	4.94	0.086	18.6	outcrop
G071485	1.49	0.289	6.3	1m chip
686761	0.168	0.253	6.7	1m chip
686762	0.111	0.08	1.3	1m chip
686763	0.113	0.074	0.7	1m chip
686764	0.106	0.081	1.6	1m chip
686765	0.109	0.088	1.6	1m chip
686766	1.29	0.165	3.2	1m chip
686767	1.85	0.133	7.1	5m chip
686768	2.13	0.101	8	5m chip
686769	3.94	0.172	19.4	5m chip
686770	2.51	0.431	13.3	5m chip
686771	1.68	0.023	9.7	5m chip
686772	0.0149	0.019	0.3	5m chip
686773	0.0082	0.018	0.2	5m chip
686774	0.0049	0.015	0.1	5m chip
686775	0.0642	0.042	0.4	5m chip
686776	0.0543	0.096	0.2	5m chip
686777	0.695	0.093	3.6	1m chip
686778	0.589	0.089	2.3	1m chip
686779	0.487	0.066	2.1	1m chip
686780	0.688	0.072	2.9	1m chip
686781	0.378	0.021	0.8	2m chip
Average	1.39	0.495	7.85	

The Trek property is a block containing 4,297 hectares (10,618 acres) within the claim boundary of the Nova Gold/ 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 the location of the Trek Property, see the property map in Romios' website: www.romios.com. The breccia swarm is also located adjacent to the partially completed access road to the Galore Creek deposit constructed by Teck/ Cominco – NovaGold. – see photos on Romios Gold's website in the photo section for the Trek property. Romios is presently earning a 100% interest in the Trek Property, subject to a 2% Net Smelter Returns Royalty.

Tom Drivas, President stated “We are very excited by these early surface sampling results from this strongly mineralized breccia zone. Several breccia pipes are exposed in the cliff face at the Trek property, and we have also intersected the zone over significant intervals in our other drilling. These very promising early results point to the high potential of this property and bode well for continued exploration of the property.”

All samples submitted by Romios to the laboratory of ALS Chemex were analyzed for copper, gold and silver by ICP analysis. 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's large gold-copper-silver deposit and Barrick's high grade gold mine at Eskay Creek.

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