

## Paramount Resources Ltd. Announces Election of Directors

CALGARY, May 8, 2019 /CNW/ - Paramount Resources Ltd. ("Paramount") (TSX - "POU") announces that the following nine director nominees were elected at today's annual general meeting of shareholders:

NOMINEE	VOTES FOR		VOTES WITHHELD	
	Number	Percent (%)	Number	Percent (%)
<b>JAMES RIDDELL</b>	98,444,122	99.17%	819,221	0.83%
<b>JAMES BELL</b>	98,467,324	99.20%	796,019	0.80%
<b>WILFRED GOBERT</b>	98,477,960	99.21%	785,383	0.79%
<b>JOHN GORMAN</b>	97,725,294	98.45%	1,538,049	1.55%
<b>DIRK JUNGE</b>	98,283,295	99.01%	980,048	0.99%
<b>ROBERT MACDONALD</b>	98,477,394	99.21%	785,949	0.79%
<b>KEITH MACLEOD</b>	98,168,693	98.90%	1,094,650	1.10%
<b>SUSAN RIDDELL ROSE</b>	97,865,913	98.59%	1,397,430	1.41%
<b>JOHN ROY</b>	97,708,647	98.43%	1,554,696	1.57%

The re-appointment of Ernst & Young LLP, Chartered Accountants, as auditors of the Corporation was also approved at the meeting.

Paramount is an independent, publicly traded, liquids-focused Canadian energy company that explores for and develops both conventional and unconventional petroleum and natural gas resources, including long-term strategic exploration and pre-development plays, and holds a portfolio of investments in other entities. The Company's principal properties are located in Alberta and British Columbia. Paramount's Class A common shares are listed on the Toronto Stock Exchange under the symbol "POU".

SOURCE Paramount Resources Ltd.

For further information: Paramount Resources Ltd., J.H.T. (Jim) Riddell, Chairman and President & Chief Executive Officer; B.K. (Bernie) Lee, Executive Vice President, Finance and Chief Financial Officer; Rodrigo (Rod) Sousa, Executive Vice President, Corporate Development and Planning, Phone: (403) 290-3600

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<http://paramount.mediaroom.com/2019-05-08-Paramount-Resources-Ltd-Announces-Election-of-Directors>