

Paramount Resources Ltd. Announces Director Election Results From Its 2016 Annual Meeting of Shareholders

CALGARY, ALBERTA - May 4, 2016 /CNW/ - Paramount Resources Ltd. ("Paramount") (TSX:POU) announces that at its annual meeting of shareholders held on May 4, 2016 the following nine director nominees were elected:

NOMINEE	VOTES FOR		VOTES WITHHELD	
	Number	Percent (%)	Number	Percent (%)
CLAYTON RIDDELL	82,037,457	99.20%	662,029	0.80%
JAMES RIDDELL	81,530,515	98.59%	1,168,971	1.41%
JAMES BELL	82,292,044	99.51%	407,442	0.49%
THOMAS CLAUGUS	82,288,896	99.50%	410,590	0.50%
JOHN GORMAN	82,152,545	99.34%	546,941	0.66%
DIRK JUNGE	82,286,088	99.50%	413,398	0.50%
DAVID KNOTT	82,238,963	99.44%	460,523	0.56%
SUSAN RIDDELL ROSE	81,127,818	98.10%	1,571,668	1.90%
JOHN ROY	82,130,449	99.31%	569,037	0.69%

Also, the re-appointment of Ernst & Young LLP, Chartered Accountants, as auditors of the Corporation was approved.

VOTES FOR		VOTES WITHHELD	
Number	Percent (%)	Number	Percent (%)
86,047,277	99.84%	141,553	0.16%

Paramount is a Canadian oil and natural gas exploration, development and production company with operations focused in Western Canada. Paramount's Class a Common Shares are listed on the Toronto Stock Exchange under the symbol "POU".

For further information: Paramount Resources Ltd., J.H.T. (Jim) Riddell, President and Chief Executive Officer, (403) 290-3600 / Paramount Resources Ltd., B.K. (Bernie) Lee, Chief Financial Officer, (403) 290-3600, (403) 262-7994 (FAX)

<http://paramount.mediaroom.com/index.php?s=2429&item=122486>