

## **Paramount Resources Ltd. Announces Director Election Results from Its 2013 Annual Meeting of Shareholders**

**CALGARY, ALBERTA - May 8, 2013 /CNW/** - Paramount Resources Ltd. ("Paramount") (TSX:POU) announces that at its annual meeting of shareholders held on May 8, 2013 the following ten director nominees were elected:

<b>NOMINEE</b>	<b>VOTES FOR</b>		<b>VOTES WITHHELD</b>	
	<b>Number</b>	<b>Percent (%)</b>	<b>Number</b>	<b>Percent (%)</b>
CLAYTON RIDDELL	78,542,056	98.97 %	818,391	1.03 %
JAMES RIDDELL	78,173,177	98.50 %	1,187,270	1.50 %
JAMES BELL	78,917,490	99.44 %	442,957	0.56 %
THOMAS CLAUGUS	78,917,490	99.44 %	442,957	0.56 %
JOHN GORMAN	79,196,308	99.79 %	164,139	0.21 %
DIRK JUNGE	79,196,462	99.79 %	163,985	0.21 %
DAVID KNOTT	79,196,527	99.79 %	163,920	0.21 %
SUSAN RIDDELL ROSE	78,447,713	98.85 %	912,734	1.15 %
JOHN ROY	79,196,308	99.79 %	164,139	0.21 %
BERNHARD WYLIE	74,318,580	93.65 %	5,041,867	6.35 %

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".

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