

Paramount Resources Ltd.

Paramount Files 2005 Year End Disclosure Documents

CALGARY, ALBERTA - March 21, 2006 /CNW/ - Paramount Resources Ltd. (TSX:POU) has filed its audited consolidated financial statements for the year ended December 31, 2005, and related management's discussion and analysis with Canadian securities regulatory authorities. Paramount has also filed its annual information form for the year ended December 31, 2005, which includes the disclosure and reports relating to reserves data and other oil and gas information required pursuant to National Instrument 51-101 of the Canadian Securities Administrators. Copies of these documents may be obtained via www.sedar.com or Paramount's website at www.paramountres.com.

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