

Paramount Resources Ltd.

Paramount Resources Ltd. Files 2003 Year-End Disclosure Statements

CALGARY, ALBERTA - Apr 16, 2004 /CNW/ - Paramount Resources Ltd. today filed its audited consolidated financial statements and accompanying notes for the year ended December 31, 2003, 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, 2003, 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 at the company's website, www.paramountres.com.

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

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