Paramount Resources Ltd.

## 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 (%) |
| **JAMES RIDDELL** | 98,444,122 | 99.17% | 819,221 | 0.83% |
| **JAMES BELL** | 98,467,324 | 99.20% | 796,019 | 0.80% |
| **WILFRED GOBERT** | 98,477,960 | 99.21% | 785,383 | 0.79% |
| **JOHN GORMAN** | 97,725,294 | 98.45% | 1,538,049 | 1.55% |
| **DIRK JUNGE** | 98,283,295 | 99.01% | 980,048 | 0.99% |
| **ROBERT MACDONALD** | 98,477,394 | 99.21% | 785,949 | 0.79% |
| **KEITH MACLEOD** | 98,168,693 | 98.90% | 1,094,650 | 1.10% |
| **SUSAN RIDDELL ROSE** | 97,865,913 | 98.59% | 1,397,430 | 1.41% |
| **JOHN ROY** | 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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https://paramount.mediaroom.com/2019-05-08-Paramount-Resources-Ltd-Announces-Election-of-Directors