

## 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:

| <b>NOMINEE</b>            | <b>VOTES FOR</b> |                    | <b>VOTES WITHHELD</b> |                    |
|---------------------------|------------------|--------------------|-----------------------|--------------------|
|                           | <b>Number</b>    | <b>Percent (%)</b> | <b>Number</b>         | <b>Percent (%)</b> |
| <b>JAMES RIDDELL</b>      | 98,444,122       | 99.17%             | 819,221               | 0.83%              |
| <b>JAMES BELL</b>         | 98,467,324       | 99.20%             | 796,019               | 0.80%              |
| <b>WILFRED GOBERT</b>     | 98,477,960       | 99.21%             | 785,383               | 0.79%              |
| <b>JOHN GORMAN</b>        | 97,725,294       | 98.45%             | 1,538,049             | 1.55%              |
| <b>DIRK JUNGE</b>         | 98,283,295       | 99.01%             | 980,048               | 0.99%              |
| <b>ROBERT MACDONALD</b>   | 98,477,394       | 99.21%             | 785,949               | 0.79%              |
| <b>KEITH MACLEOD</b>      | 98,168,693       | 98.90%             | 1,094,650             | 1.10%              |
| <b>SUSAN RIDDELL ROSE</b> | 97,865,913       | 98.59%             | 1,397,430             | 1.41%              |
| <b>JOHN ROY</b>           | 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>