

Paramount Resources Ltd.

Paramount Resources Ltd. Announces Annual General Meeting Results

CALGARY, AB, May 12, 2026 /CNW/ - Paramount Resources Ltd. ("Paramount" or the "Company") (TSX: POU) announces that the following ten director nominees were elected at today's annual general meeting of shareholders:

	VOTES FOR		VOTES WITHHELD	
	Number	(%)	Number	(%)
James Riddell	102,467,687	99.33	693,373	0.67
James Bell	93,942,201	91.06	9,218,859	8.94
Shane Fildes	102,639,054	99.49	522,006	0.51
Wilfred Gobert	102,518,823	99.38	642,237	0.62
Dirk Jungé	101,109,185	98.01	2,051,875	1.99
Kim Lynch Proctor	102,500,671	99.36	660,389	0.64
Keith MacLeod	102,560,423	99.42	600,637	0.58
Jill McAuley	102,845,202	99.69	315,858	0.31
Susan Riddell				
Rose	98,472,067	95.45	4,688,993	4.55
Curtis Stange	103,106,789	99.95	54,271	0.05

The re-appointment of Ernst & Young LLP, Chartered Professional Accountants, as auditors of the Company until the next annual meeting of shareholders was approved with 102,424,204 (97.60%) of the votes cast for and 2,521,188 (2.40%) votes withheld.

ABOUT PARAMOUNT

Paramount is an independent, publicly traded Canadian energy company that explores for and develops both conventional and unconventional petroleum and natural gas, including longer-term strategic exploration and pre-development plays. The Company's principal properties are located in Alberta and British Columbia. Paramount's Common Shares are listed on the Toronto Stock Exchange under the symbol "POU".

SOURCE Paramount Resources Ltd.

For further information: For further information, please contact: Paramount Resources Ltd., James H.T. Riddell, President and Chief Executive Officer and Chairman; Paul R. Kinvig, Chief Financial Officer; Rodrigo R. Sousa, Executive Vice President, Corporate Development and Planning, www.paramountres.com, Phone: (403) 290-3600

<https://paramount.mediaroom.com/2026-05-12-Paramount-Resources-Ltd-Announces-Annual-General-Meeting-Results>