

Paramount Resources Ltd. Announces Director Election Results From Its 2014 Annual Meeting of Shareholders

CALGARY, ALBERTA - May 8, 2014 /CNW/ - Paramount Resources Ltd. ("Paramount") (TSX:POU) announces that at its annual meeting of shareholders held on May 8, 2014 the following ten director nominees were elected:

NOMINEE	VOTES FOR		VOTES WITHHELD	
	Number	Percent (%)	Number	Percent (%)
CLAYTON RIDDELL	83,105,942	98.97%	865,477	1.03%
JAMES RIDDELL	82,868,395	98.69%	1,103,023	1.31%
JAMES BELL	81,351,239	96.88%	2,620,180	3.12%
THOMAS CLAUGUS	82,723,245	98.52%	1,241,172	1.48%
JOHN GORMAN	83,901,166	99.92%	70,253	0.08%
DIRK JUNGE	83,900,820	99.92%	70,599	0.08%
DAVID KNOTT	83,881,100	99.89%	90,319	0.11%
SUSAN RIDDELL ROSE	79,895,975	95.15%	4,068,442	4.85%
JOHN ROY	83,702,174	99.68%	269,245	0.32%
BERNHARD WYLIE	80,573,716	95.95%	3,397,702	4.05%

In addition, the re-appointment of Ernst & Young LLP, Chartered Accountants, as auditors of the Corporation was approved.

VOTES FOR		VOTES WITHHELD	
Number	Percent (%)	Number	Percent (%)
85,484,074	99.71%	247,287	0.29%

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

For further information: Paramount Resources Ltd., J.H.T. (Jim) Riddell, President and Chief Operating Officer, (403) 290-3600 / Paramount Resources Ltd., B.K. (Bernie) Lee, Chief Financial Officer, (403) 290-3600, (403) 262-7994 (FAX), www.paramountres.com

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