



For Immediate Release

March 31, 2005

CANADIAN SUPERIOR FILES STATEMENT OF RESERVES DATA

CALGARY, ALBERTA—Canadian Superior Energy Inc. ("Canadian Superior" – AMEX, TSX: SNG) of Calgary, Alberta provides notice that on March 31, 2005 it filed its Annual Information Form which includes Canadian Superior's reserves data and other oil and gas information for the year ended December 31, 2004 as mandated by National Instrument 51-101 *Standards of Disclosure for Oil and Gas Activities* of the Canadian Securities Administrators. Copies of Canadian Superior's Renewal Annual Information form may be obtained on www.sedar.com

Canadian Superior is a Calgary, Alberta based oil and gas exploration and production company with operations in western Canada, offshore Nova Scotia and offshore Trinidad. The company is one of the largest acreage holders offshore Nova Scotia, with interests in 1,293,946 acres offshore Nova Scotia (See: Canadian Superior's website at www.cansup.com to review Canadian Superior's "Marquis, Mariner, Mayflower, Marauder and Marconi Offshore Projects" and to view the "Table of Major Offshore Nova Scotia Acreage Holders" and "Offshore Nova Scotia Maps", to review information on the Company's Western Canadian operations and for information and detailed maps regarding Canadian Superior's Trinidad "Tradewinds" Offshore Project and recently awarded 5 (c) Block).

Statements contained in this news release relating to future results, events and expectations are forward-looking statements within the meaning of Section 27A of the Securities Act of 1933, as amended and Section 21E of the Securities Exchange Act of 1934, as amended. These forward – looking statements involve known and unknown risks, uncertainties and other factors which may cause the actual results, performance or achievements expressed or implied by such statements. Such factors include, among others, those described in the corporation's annual report on Form 40-F on file with the U. S. Securities and Exchange Commission.

FOR FURTHER INFORMATION RELATED TO CANADIAN SUPERIOR ENERGY INC. AND/OR THIS NEWS RELEASE, PLEASE CONTACT:

Canadian Superior Energy Inc.
Suite 3300, 400- 3rd Avenue S. W.
Calgary, Alberta
Canada T2P 4H2
Investor Relations
Phone: (403) 294-1411
Fax: (403) 216-2374
www.cansup.com