



PARAMOUNT RESOURCES LTD.

Calgary, Alberta

May 10, 2017

NEWS RELEASE: PARAMOUNT RESOURCES LTD. ANNOUNCES DIRECTOR ELECTION RESULTS FROM ITS 2017 ANNUAL MEETING OF SHAREHOLDERS

CALGARY, Alberta – Paramount Resources Ltd. ("Paramount") (TSX - "POU") announces that at its annual meeting of shareholders held on May 10, 2017 the following seven director nominees were elected:

NOMINEE	VOTES FOR		VOTES WITHHELD	
	Number	Percent (%)	Number	Percent (%)
CLAYTON RIDDELL	84,540,337	99.24%	650,297	0.76%
JAMES RIDDELL	84,133,157	98.76%	1,057,477	1.24%
JAMES BELL	84,932,057	99.70%	258,577	0.30%
JOHN GORMAN	84,408,498	99.08%	782,136	0.92%
DIRK JUNGE	84,412,126	99.09%	778,508	0.91%
SUSAN RIDDELL ROSE	83,827,936	98.40%	1,362,698	1.60%
JOHN ROY	84,407,440	99.08	783,194	0.92%

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

VOTES FOR		VOTES WITHHELD	
Number	Percent (%)	Number	Percent (%)
87,213,560	99.59%	363,243	0.41%

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, please contact:

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