



NEWS RELEASE

FOR IMMEDIATE RELEASE

TSX Venture Exchange: TEZ

TRITON FILES ITS ANNUAL INFORMATION FORM AND 2006 STATEMENT OF RESERVES DATA

March 30, 2006 – Calgary, Alberta – Triton Energy Corp. ("**Triton**" or the "**Corporation**") today filed with the securities regulatory authorities in Canada its statement of reserves data for the year ended December 31, 2006 ("**Statement of Reserves Data**"), which includes the disclosure and reports relating to reserves data and other oil and gas information. The Statement of Reserves Data is included in the Annual Information Form of the Corporation for the year ended December 31, 2006, which is on the System for Electronic Document Analysis and Retrieval ("**SEDAR**"). The following have also been included in the Annual Information Form, Form 51-101F2 Report on Reserves Data by AJM Petroleum Consultants and Form 51-101F3 Report of Management and Directors on Reserves Data and Other Information.

This filing is available for review at www.sedar.com and on the Corporation's website, www.tritonenergy.ca.

Triton is a Calgary, Alberta based Corporation engaged in the exploration, development and production of oil and natural gas. The Corporation's common shares are listed on the TSX Venture Exchange under the trading symbol "TEZ".

For further information please contact:

Michael S. Zuber
President & CEO
Phone: 403-266-5541 ext. 222
Fax: 403-266-5579
mzuber@tritonenergy.ca

Dean J. Schultz
Vice President, Finance & CFO
Phone: 403-266-5541 ext. 229
Fax: 403-266-5579
dschultz@tritonenergy.ca

The TSX Venture Exchange does not accept responsibility for the adequacy or accuracy of this News Release.

Suite 600, Life Plaza, 734-7th Avenue S.W., Calgary, Alberta T2P 3P8

Telephone: 403-266-5541

www.tritonenergy.ca

Facsimile: 403-266-5579