

NEWS RELEASE

July 16, 2018

ARC RESOURCES LTD. CONFIRMS AUGUST 15, 2018 DIVIDEND AMOUNT

CALGARY, July 16, 2018 (ARX - TSX) ARC Resources Ltd. ("ARC") confirms that an eligible dividend of \$0.05 per share will be paid on August 15, 2018 to shareholders of record on July 31, 2018. The ex-dividend date is July 30, 2018. As at July 16, 2018, the trailing 12-month payments to shareholders, including the July 16, 2018 payment, total \$0.60 per share.

ARC is one of Canada's largest conventional oil and gas companies with an enterprise value of approximately \$6.0 billion. ARC's common shares trade on the TSX under the symbol ARX.

ARC RESOURCES LTD.

Myron M. Stadnyk
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