



Progress Expands Montney Holdings **Acquires 41,500 undeveloped acres at British Columbia land sale**

Calgary, February 26, 2009 (TSX – PRQ) – Progress Energy Resources Corp. (“Progress” or the “Company”) announces that it has acquired 41,500 net undeveloped acres of Montney rights at the February 25, 2009 British Columbia land sale. The acquired lands are immediately adjacent to the Company’s current Montney holdings in the Foothills.

At the land sale, Progress invested \$13.2 million to acquire Montney and other rights on 16,620 hectares of land at a competitive cost of \$792 per hectare or \$319 per acre. Progress now holds 790,000 net undeveloped acres of Montney rights including the recently negotiated 45 net section farm-in in the Foothills.

Progress drilled one horizontal and three vertical Montney wells in the fourth and first quarters in the Foothills and Gold Creek operating areas. The Company is currently completing the horizontal well which offsets a successful 2008 Montney vertical well in the Foothills and is drilling an additional three Montney vertical wells at this time.

Progress is a Calgary based, mid-size energy company primarily focused on natural gas exploration, development and production in northwest Alberta and northeast British Columbia. Common shares of Progress are listed on the Toronto Stock Exchange under the symbol PRQ.

For further information, contact Greg Kist, Vice President, Investor Relations and Marketing, Progress Energy Resources Corp., at 403-539-1809 (gkist@progressenergy.com).

Advisory Regarding Forward-Looking Statements

This press release contains forward-looking statements and forward-looking information within the meaning of applicable securities laws. The use of any of the words "expect", "anticipate", "continue", "estimate", "objective", "ongoing", "may", "will", "project", "should", "believe", "plans", "intends" and similar expressions are intended to identify forward-looking information or statements. More particularly and without limitation, this press release contains forward-looking statements and information concerning the completion of the offering and the use of the proceeds of the offering.

The forward-looking statements and information are based on certain key expectations and assumptions made by Progress, including expectations and assumptions concerning prevailing commodity prices and exchange rates, applicable royalty rates and tax laws; future well production rates; reserve and resource volumes; the performance of existing wells; the success obtained in drilling new wells; and the sufficiency of budgeted capital expenditures in carrying out planned activities; and the availability and cost of labour and service regarding the satisfaction of the conditions of closing of the offering, the receipt of applicable approvals. Although Progress believes that the expectations and assumptions on which such forward-looking statements and information are based are reasonable, undue reliance should not be placed on the forward looking statements and information because Progress can give no assurance that they will prove to be correct.

Since forward-looking statements and information address future events and conditions, by their very nature they involve inherent risks and uncertainties. Actual results could differ materially from those currently anticipated due to a number of factors and risks. These include, but are not limited to, the risks associated with the oil and gas industry in general such as operational risks in development, exploration and production; delays or changes in plans with respect to exploration or development projects or capital

expenditures; the uncertainty of reserve and resource estimates; the uncertainty of estimates and projections relating to reserves, resources, production, costs and expenses; health, safety and environmental risks; commodity price and exchange rate fluctuations; marketing and transportation; loss of markets; environmental risks; competition; incorrect assessment of the value of acquisitions; failure to realize the anticipated benefits of acquisitions; ability to access sufficient capital from internal and external sources; failure to obtain required regulatory and other approvals; changes in legislation, including but not limited to tax laws, royalties and environmental regulations; and failure to obtain required regulatory and other approvals; and to satisfy the other closing condition.

Accordingly, readers should not place undue reliance on the forward-looking statements and information contained in this press release concerning these items.

Readers are cautioned that the foregoing list of factors is not exhaustive. Additional information on these and other factors that could affect the operations or financial results of Progress are included in reports on file with applicable securities regulatory authorities and may be accessed through the SEDAR website (www.sedar.com). The forward-looking statements and information contained in this press release are made as of the date hereof and Progress undertakes no obligation to update publicly or revise any forward-looking statements or information, whether as a result of new information, future events or otherwise, unless so required by applicable securities laws.