



PRESS RELEASE

MEG Energy Reports 2023 Director Election Voting Results

CALGARY, ALBERTA (May 1, 2023) – MEG Energy Corp. ("MEG" or the "Corporation") (TSX: MEG) is pleased to announce that at its annual meeting of shareholders held on May 1, 2023 (the "Meeting"), all resolutions were approved as follows:

Election of Directors

Each of the nine (9) nominees listed in its Management Information Circular dated March 15, 2023, were elected as directors. The results of the shares voted in respect of the election of each director are set out below.

Nominee	Votes For		Votes Withheld	
	#	%	#	%
Gary A. Bosgoed	162,624,279	99.78	350,532	0.22
Ian D. Bruce	161,717,440	99.23	1,257,371	0.77
Derek W. Evans	162,679,159	99.82	295,832	0.18
Robert B. Hodgins	161,524,455	99.11	1,450,356	0.89
Kim Lynch Proctor	162,590,511	99.76	384,300	0.24
Susan M. MacKenzie	162,608,448	99.78	366,363	0.22
Jeffrey J. McCaig	161,014,868	98.80	1,959,943	1.20
James D. McFarland	162,274,539	99.57	700,272	0.43
Diana J. McQueen	160,639,721	98.57	2,335,090	1.43

Appointment of Auditor

An ordinary resolution was passed approving the appointment of PricewaterhouseCoopers LLP as auditor of the Corporation for the ensuing year at such remuneration as the directors of the Corporation may determine.

Votes For		Votes Withheld	
#	%	#	%
166,984,355	99.51	825,281	0.49

Continuation of Corporation's Amended and Restated Shareholder Rights Plan

An ordinary resolution was passed ratifying the continuation of the Corporation's amended and restated shareholder rights plan. The voting results were as follows:

Votes For		Votes Against	
#	%	#	%
158,426,809	97.21	4,548,002	2.79

Non-Binding Advisory Vote on Approach to Executive Compensation

An advisory resolution was passed accepting the Corporation's approach to executive compensation. The voting results were as follows:

Votes For		Votes Against	
#	%	#	%
155,995,384	95.72	6,979,427	4.28

Full voting results for the meeting are also available on SEDAR at www.sedar.com.

About MEG

MEG is an energy company focused on sustainable *in situ* thermal oil production in the southern Athabasca oil region of Alberta, Canada. MEG is actively developing innovative enhanced oil recovery projects that utilize steam-assisted gravity drainage extraction methods to improve the responsible economic recovery of oil as well as lower carbon emissions. MEG transports and sells thermal oil (AWB) to customers throughout North America and internationally. MEG's common shares are listed on the Toronto Stock Exchange under the symbol "MEG" (TSX: MEG).

Learn more at www.megenergy.com.

For further information, please contact:

Investor Relations

T 403.767.0515

E invest@megenergy.com

Media Relations

T 403.775.1131

E media@megenergy.com