



## **Provident Announces Filing of Annual Disclosure Documents**

**News Release 05-10**

**March 19, 2010**

**CALGARY, ALBERTA** - Provident Energy Trust (Provident) (TSX-PVE.UN; NYSE-PVX) today announced the filing of its Annual Information Form (the "AIF") for the year ended December 31, 2009 with the Canadian securities regulatory authorities on the System for Electronic Document Analysis and Retrieval ("SEDAR") in Canada, and the filing of its Annual Report on Form 40-F for the year ended December 31, 2009 (which includes the AIF) with the U.S. Securities and Exchange Commission on the Electronic Data Gathering, Analysis and Retrieval ("EDGAR") system in the United States. Provident's annual financial statements for the year ended December 31, 2009, management's discussion and analysis and reserves reports were previously filed on SEDAR on March 11, 2010 and EDGAR on March 12, 2010.

An electronic copy of any of these documents may be obtained on Provident's SEDAR profile at [www.sedar.com](http://www.sedar.com) and on Provident's EDGAR profile at [www.sec.gov/edgar.shtml](http://www.sec.gov/edgar.shtml). All documents are also available on Provident's website at [www.providentenergy.com](http://www.providentenergy.com). Unitholders who would like a hard copy of the complete audited financial statements free of charge may contact Investor Relations at (403) 231-6710 or e-mail [info@providentenergy.com](mailto:info@providentenergy.com).

*This document contains certain forward-looking statements concerning Provident, as well as other expectations, plans, goals, objectives, information or statements about future events, conditions, results of operations or performance that may constitute "forward-looking statements" or "forward-looking information" under applicable securities legislation. Such statements or information involve substantial known and unknown risks and uncertainties, certain of which are beyond Provident's control, including the impact of general economic conditions in Canada and the United States, industry conditions, changes in laws and regulations including the adoption of new environmental laws and regulations and changes in how they are interpreted and enforced, increased competition, the lack of availability of qualified personnel or management, pipeline design and construction, fluctuations in commodity prices, foreign exchange or interest rates, stock market volatility and obtaining required approvals of regulatory authorities.*

*Such forward-looking statements or information are based on a number of assumptions which may prove to be incorrect. In addition to other assumptions identified in this news release, assumptions have been made regarding, among other things, commodity prices, operating conditions, capital and other expenditures, and project development activities.*

*Although Provident believes that the expectations reflected in such forward-looking statements or information are reasonable, undue reliance should not be placed on forward-looking statements because Provident can give no assurance that such expectations will prove to be correct. Forward-looking statements or information are based on current expectations, estimates and projections that involve a number of risks and uncertainties which could cause actual results to differ materially from those anticipated by Provident and described in the forward-looking statements or information.*

*The forward-looking statements or information contained in this news release are made as of the date hereof and Provident 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. The forward-looking statements or information contained in this news release are expressly qualified by this cautionary statement.*

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