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NEWS RELEASE

August 4, 2009

Enerplus announces 2009 second quarter results conference call

TSX: ERF.UN
NYSE: ERF

CALGARY, Aug. 4 /CNW/ - Enerplus Resources Fund ("Enerplus") President and CEO, Gordon J. Kerr will host a conference call to discuss the financial and operating results of the second quarter of 2009 for Enerplus. A news release containing complete details of our results will be issued at 6:00 am ET on Monday, August 10, 2009. Details of the conference call are as follows:

Live Conference Call

Date: Monday, August 10, 2009
Time: 9:00 a.m. MT/11:00 a.m. ET
Dial-In: 416-644-3415
800-732-9307 (toll free)

Audiocast:
www.newswire.ca/en/webcast/viewEvent.cgi?eventID=2731960

To ensure timely participation in the conference call, callers are encouraged to dial in 15 minutes prior to the start time to register for the event. A podcast of the conference call will also be available on the main page of our website for downloading immediately following the event.

A telephone replay will be available for 30 days following the conference call and can be accessed at the following numbers:

Telephone Replay

Dial-In: 416-640-1917
877-289-8525 (toll free)
Passcode: 21310712 followed by the pound sign

Enerplus is an income-oriented investment in the oil and gas industry. Established in 1986, we are one of Canada's oldest and largest independent oil and gas producers. We have built a balanced and diversified portfolio of producing properties across western Canada and in the United States with a focus on large resource plays that offer predictable production and repeatable, low-risk development opportunities.

Enerplus trust units trade on the New York Stock Exchange under the symbol "ERF" and on the Toronto Stock Exchange under the symbol "ERF.UN".

Electronic copies of our financial statements, press releases, and other public information are available on our website at www.enerplus.com.

Except for the historical and present factual information contained herein, the matters set forth in this news release, including words such as "expects", "projects", "plans" and similar expressions, are forward-looking information that represents management of Enerplus' internal projections, expectations or beliefs concerning, among other things, future operating results and various components thereof or the economic performance of Enerplus. The projections,

estimates and beliefs contained in such forward-looking statements necessarily involve known and unknown risks and uncertainties, which may cause Enerplus' actual performance and financial results in future periods to differ materially from any projections of future performance or results expressed or implied by such forward-looking statements. These risks and uncertainties include, among other things, those described in Enerplus' filings with the Canadian and U.S. securities authorities. Accordingly, holders of Enerplus Trust Units and potential investors are cautioned that events or circumstances could cause results to differ materially from those predicted.

Gordon J. Kerr
President & Chief Executive Officer
Enerplus Resources Fund

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