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**UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549**

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**FORM 6-K**

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**REPORT OF FOREIGN PRIVATE ISSUER PURSUANT TO RULE 13A-16 OR 15D-16 OF THE SECURITIES EXCHANGE ACT OF 1934**

For the month of December, 2019

Commission File Number: 001-38642

**Paringa Resources Limited**

(Translation of registrant's name into English)

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**28 West 44th Street, Suite 810  
New York, NY 10036**

(Address of principal executive offices)

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Indicate by check mark whether the registrant files or will file annual reports under cover of Form 20-F or Form 40-F.

Form 20-F  Form 40-F

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(1):

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(7):

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## EXHIBIT INDEX

The following exhibits are filed as part of this Form 6-K:

<u>Exhibit</u>	<u>Description</u>
<a href="#">99.1</a>	Press Release
<a href="#">99.2</a>	Press Release
<a href="#">99.3</a>	Letter to The Nasdaq Stock Market

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**SIGNATURE**

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

Paringa Resources Limited  
(registrant)

Date: December 23, 2019

By: /s/ Bruce Czachor  
Name: Bruce Czachor  
Title: Vice President and General Counsel

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Market Announcement

23 December 2019

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Paringa Resources Limited (ASX: PNL) – Trading Halt

**Description**

The securities of Paringa Resources Limited ('PNL') will be placed in trading halt at the request of PNL, pending it releasing an announcement. Unless ASX decides otherwise, the securities will remain in trading halt until the earlier of the commencement of normal trading on Friday, 27 December 2019 or when the announcement is released to the market.

**Issued by**

**Anjuli Sinniah**

Senior Adviser, Listings Compliance (Perth)

**23 December 2019**

ASX Limited

**Market Announcement 1/1**

ASX Customer Service Centre 131 279 | [asx.com.au](http://asx.com.au)

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23 December 2019

Mr Daniel Nicholson  
Australian Securities Exchange  
Level 40, Central Park  
152-158 St Georges Terrace  
Perth WA 6000

**By email:** [tradinghaltspert@asx.com.au](mailto:tradinghaltspert@asx.com.au)

Dear Daniel

**REQUEST FOR TRADING HALT**

Paringa Resources Limited (ASX: PNL) requests an immediate voluntary trading halt to the Company's securities, pending an announcement regarding an update on discussions with the Company's lenders.

The Company requests that the trading halt remain until the earlier of an announcement to the market regarding the above or the opening of trade on ASX on Friday 27 December 2019.

The Company is not aware of any reason why the trading halt should not be granted.

Yours sincerely

**Greg Swan**  
Company Secretary



#### UPDATE ON TRADING HALT

Paringa Resources Limited (“Paringa” or “Company”) (NASDAQ: PNRL, ASX: PNL) provides the following update.

The Company’s Poplar Grove mine has continued to encounter both planned and unplanned geological faults, with the latest being an unplanned geological fault in the #2 North Submain of the mine. This new fault has led to substantial production issues in Unit 1 through December. The coal seam was displaced approximately 12 feet and the decision was made to continue mining through the fault and up into the coal seam beyond the fault.

As a result, coal production has been significantly impacted due to cutting rock, mining through the faulted area, and bolting through the associated adverse conditions. Processing yields have been negatively impacted by additional rock generated while mining through the fault. Unit 1 has now mined beyond the affected area and reached the coal seam on the other side of the fault.

The occurrence of geological faults in the region are not uncommon, however this fault was not identified by any of the Company’s consultants in preparing the mine plan. The Company has instigated a drilling program to try to understand why this fault was not previously identified, whether there are any additional faults, and to define the geological conditions going forward in the short to medium term mine plans.

These mining issues have had a significant negative impact on the Company’s revenues and, consequently, the Company’s cash balance may fall below the required minimum cash balance of US\$5.0 million under its Term Loan Facility. Should this occur, the Company has 15 business days to remedy any covenant breach and the Company is working closely with Tribeca Global Resources Credit Pty Ltd (“Tribeca”) (as agent for the Term Loan Facility) to resolve any covenant breach that may occur.

The Company’s securities will remain in trading halt/voluntary suspension until the Company can make further announcements on the above following discussions with Tribeca.

For further information, contact:

**Egan Antill**  
Chief Executive Officer  
[eamill@paringaresources.com](mailto:eamill@paringaresources.com)

*This announcement has been authorised for release by the Company’s CEO, Egan Antill.*

Site Office: 373 Whobry Road | Rumsey | KY | 42371  
New York Office: 28 West 44<sup>th</sup> Street, Suite 810 | New York | NY | 10036  
Registered Office: Level 9, 28 The Esplanade | Perth | WA | 6000

Email: [info@paringaresources.com](mailto:info@paringaresources.com)  
Website: [www.paringaresources.com](http://www.paringaresources.com)  
ABN: 44 155 922 010

**Summary Information**

*The following disclaimer applies to this announcement and any information contained in it (the **Information**). The Information in this announcement is of general background and does not purport to be complete. It should be read in conjunction with Paringa's other periodic and continuous disclosure announcements lodged with ASX Limited, which are available at [www.asx.com.au](http://www.asx.com.au). You are advised to read this disclaimer carefully before reading or making any other use of this announcement or any Information contained in this announcement. In accepting this announcement, you agree to be bound by the following terms and conditions including any modifications to them.*

**Forward Looking Statements**

*This announcement may include forward-looking statements. These forward-looking statements are based on Paringa's expectations and beliefs concerning future events. Forward looking statements are necessarily subject to risks, uncertainties and other factors, many of which are outside the control of Paringa, which could cause actual results to differ materially from such statements. Paringa makes no undertaking to subsequently update or revise the forward-looking statements made in this announcement, to reflect the circumstances or events after the date of this announcement.*



December 23, 2019

NASDAQ MarketWatch  
The Nasdaq Stock Market  
via email: [nasdaqmarketwatch@nasdaq.com](mailto:nasdaqmarketwatch@nasdaq.com)

Dear ladies and gentlemen,

**Re: Paringa Resources Limited (NASDAQ:PNRL) ("Paringa") - Request for Trading Halt**

Pursuant to Rule 4120(a)(4), we request that Nasdaq halt trading in Paringa's American Depositary Shares (NASDAQ:PNRL) on Monday, December 23, 2019, Tuesday, December 24, 2019, and Thursday, December 25, 2019 because trading of the underlying security has been halted on the Australian Securities Exchange (the "ASX") for regulatory reasons on these days.

The ASX has halted trading in Paringa's ordinary shares (ASX:PNL) for this period and will resume trading on Friday, December 27, 2019 (Australian time). Attached for your reference is the Market Announcement from the ASX confirming the trading halt.

We request that the Nasdaq trading halt last until opening of trading on Friday, December 27, 2019 (US time) in order to correspond with the timing of the trade halt by ASX.

If you have any questions, please feel free to contact me [ongswan@apollogroup.com.au](mailto:ongswan@apollogroup.com.au) or +61 8 9322 6322 or our counsel, Andrew Reilly of Baker McKenzie on [andrew.reilly@bakermckenzie.com](mailto:andrew.reilly@bakermckenzie.com) or +61 403 292 589.

Very truly yours

A handwritten signature in black ink, appearing to be "G. Swan", written over a light gray background.

Greg Swan  
Company Secretary

Enc. (ASX Market Announcement)

cc: Andrew Reilly  
(Baker McKenzie)