



TORONTO STOCK EXCHANGE | TSX VENTURE EXCHANGE

Investor Insights

March 2026





Four Takeaways for Investors

The following are some key observations on Toronto Stock Exchange and TSX Venture Exchange.

- 1 Markets Down in March**
March saw negative performances across all market cap segments: Large Cap -6%, Mid Cap -6%, Small Cap -6%, and Micro Cap -11%.
- 2 Oil & Gas Gushes to the Top**
Oil & Gas was the top performing sector in March for all segments: Large Cap (+18%), Mid Cap (+21%), Small Cap (+21%), and Micro Cap (+27%).
- 3 Energy Top Performing Index**
The S&P/TSX Energy Index was the top performing index in March with a gain of +15%.
- 4 Dollar Value Traded Trends Up**
Dollar value traded in March is up compared to both last month (+19%) and the same month last year (+43%).

In Case You Missed It

Catch up on the stories that created the most buzz last month, featuring the top three most-read TMX Newsfile releases within each market cap segment.

Large Cap

Market Cap: > \$1 Billion
320 Issuers Total



Share Price Performance

Top Companies	Ticker	Share Price Performance	Share Price*
Saturn Oil & Gas Inc.	TSX:SOIL	89%	\$6.28
Strathcona Resources Ltd.	TSX:SCR	41%	\$42.14
Tenaz Energy Corp.	TSX:TNZ	38%	\$64.56
Valeura Energy Inc.	TSX:VLE	34%	\$14.76
Boralex Inc.	TSX:BLX	32%	\$36.64
Vermilion Energy Inc.	TSX:VET	31%	\$19.17
Parex Resources Inc.	TSX:PXT	28%	\$27.34
Athabasca Oil Corp.	TSX:ATH	28%	\$11.25
Bird Construction Inc.	TSX:BDT	25%	\$39.84
Cenovus Energy Inc.	TSX:CVE	21%	\$36.92

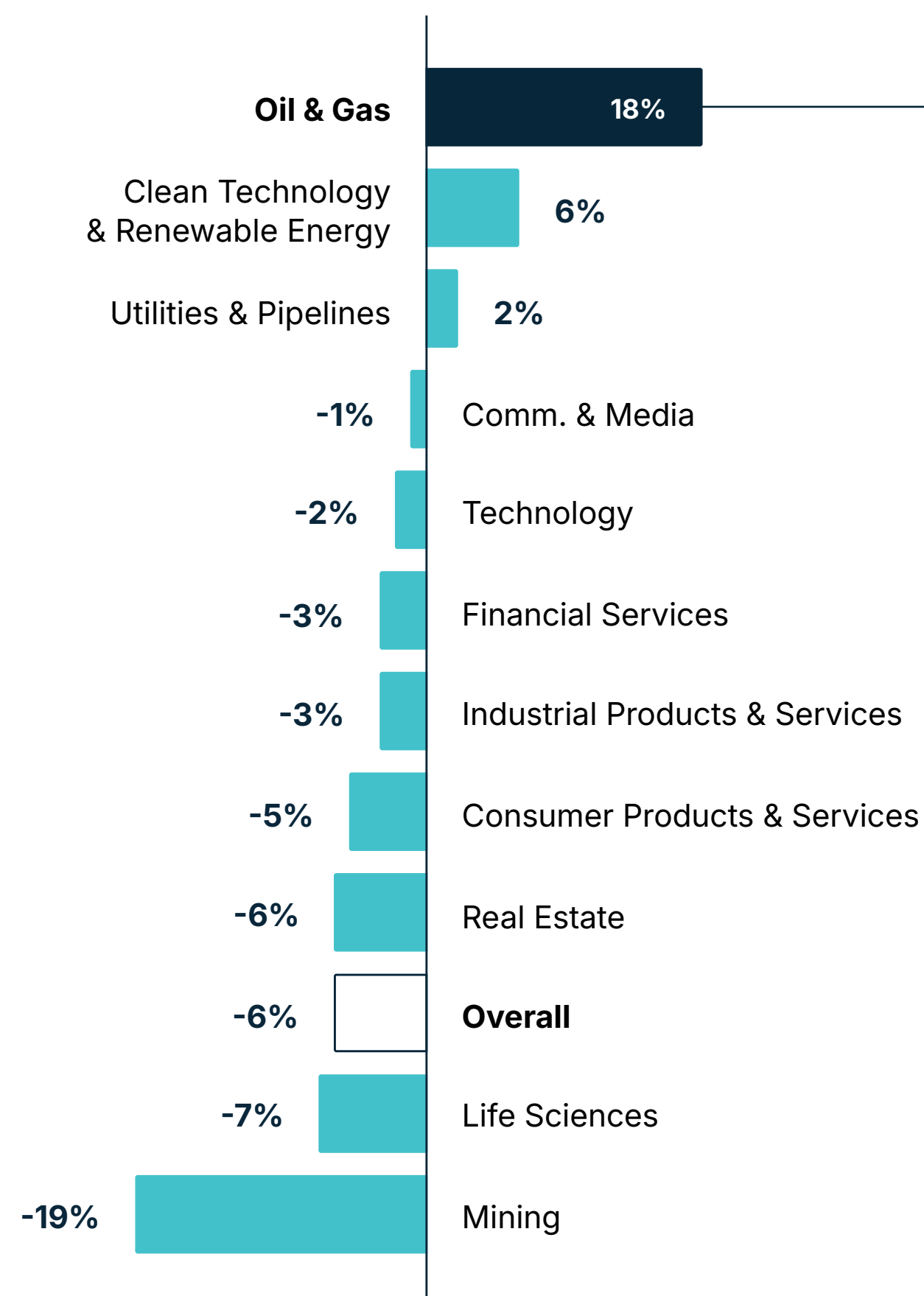
Most Active

Top Companies	Ticker	Volume Traded (Millions of Shares)
Canadian Natural Resources Ltd.	TSX:CNQ	549.8
Cenovus Energy Inc.	TSX:CVE	257.3
Suncor Energy Inc.	TSX:SU	218.5
Whitecap Resources Inc.	TSX:WCP	187.5
Baytex Energy Corp.	TSX:BTE	184.3
TC Energy Corp.	TSX:TRP	163.7
TELUS Corp.	TSX:T	162.8
Barrick Mining Corp.	TSX:ABX	161.7
B2Gold Corp.	TSX:BTO	141.9
Enbridge Inc.	TSX:ENB	138.0

*As at 03/31/2026 (CAD)

Large Cap Top Performing Sector

Average Share Price Performance by Sector



Top Performing Sector Oil & Gas

Top Companies	Ticker	Share Price Performance	Share Price*
Saturn Oil & Gas Inc.	TSX:SOIL	89%	\$6.28
Strathcona Resources Ltd.	TSX:SCR	41%	\$42.14
Tenaz Energy Corp.	TSX:TNZ	38%	\$64.56
Valeura Energy Inc.	TSX:VLE	34%	\$14.76
Vermilion Energy Inc.	TSX:VET	31%	\$19.17
Parex Resources Inc.	TSX:PXT	28%	\$27.34
Athabasca Oil Corp.	TSX:ATH	28%	\$11.25
Cenovus Energy Inc.	TSX:CVE	21%	\$36.92
International Petroleum Corp.	TSX:IPCO	21%	\$37.52
Ovintiv Inc.	TSX:OVV	20%	\$82.59

*As at 03/31/2026 (CAD)

In Case You Missed It...

VITAL INFRASTRUCTURE PROPERTY TRUST

[Northwest Healthcare Properties Real Estate Investment Trust Completes Name Change to Vital Infrastructure Property Trust](#)

Release Date: 2026-03-11

SIGMA LITHIUM CORP.

[Sigma Lithium Resumes Sales of High-Grade Premium Lithium Oxide; Closes Inaugural Sale at Plant of 400,000t of High-Purity Low Grade Fines Expecting a US\\$20 Million Profit](#)

Release Date: 2026-03-20

NEXGEN ENERGY LTD.

[NexGen Receives Final Federal Approval for the Rook I Uranium Project](#)

Release Date: 2026-03-05

Mid Cap

Market Cap: \$100 Million to \$1 Billion
662 Issuers Total



Share Price Performance

Top Companies	Ticker	Share Price Performance	Share Price*
Adex Mining Inc.	TSXV:ADE	68%	\$0.16
Akita Drilling Ltd.	TSX:AKT.A	55%	\$3.74
Gran Tierra Energy Inc.	TSX:GTE	51%	\$12.52
Kolibri Global Energy Inc.	TSX:KEI	49%	\$7.68
Lotus Creek Exploration Inc.	TSXV:LTC	47%	\$3.66
Condor Energies Inc.	TSX:CDR	44%	\$2.70
Falcon Oil & Gas Ltd.	TSXV:FO	42%	\$0.41
PetroTal Corp.	TSX:TAL	40%	\$0.56
Cardiol Therapeutics Inc.	TSX:CRDL	37%	\$1.89
Cavvy Energy Ltd.	TSX:CVVY	36%	\$1.33

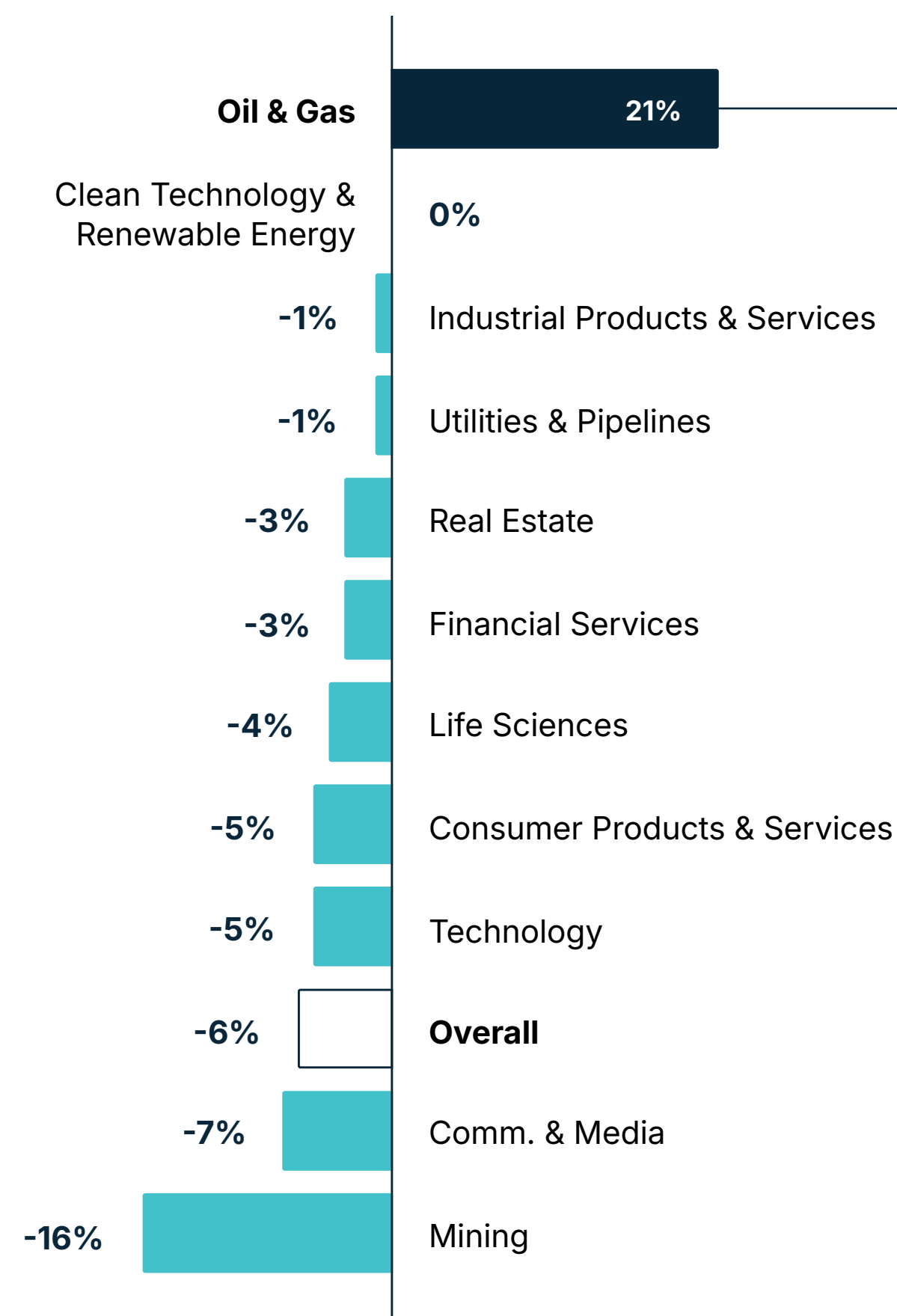
Most Active

Top Companies	Ticker	Volume Traded (Millions of Shares)
First Mining Gold Corp.	TSX:FF	78.1
Guanajuato Silver Company Ltd.	TSXV:GSVR	67.5
West Red Lake Gold Mines Ltd.	TSXV:WRLG	60.0
PetroTal Corp.	TSX:TAL	57.3
Lahontan Gold Corp.	TSXV:LG	53.3
Global Atomic Corp.	TSX:GLO	49.9
Silver Storm Mining Ltd.	TSXV:SVRS	49.2
GR Silver Mining Ltd.	TSXV:GRSL	48.8
Osisko Metals Inc.	TSX:OM	47.6
Troilus Mining Corp.	TSX:TLG	45.1

*As at 03/31/2026 (CAD)

Mid Cap Top Performing Sector

Average Share Price Performance by Sector



Top Performing Sector Oil & Gas

Top Companies	Ticker	Share Price Performance	Share Price*
Gran Tierra Energy Inc.	TSX:GTE	51%	\$12.52
Kolibri Global Energy Inc.	TSX:KEI	49%	\$7.68
Lotus Creek Exploration Inc.	TSXV:LTC	47%	\$3.66
Condor Energies Inc.	TSX:CDR	44%	\$2.70
Falcon Oil & Gas Ltd.	TSXV:FO	42%	\$0.41
PetroTal Corp.	TSX:TAL	40%	\$0.56
Cavvy Energy Ltd.	TSX:CVVY	36%	\$1.33
Yangarra Resources Ltd.	TSX:YGR	35%	\$1.49
Journey Energy Inc.	TSX:JOY	33%	\$5.45
Reconnaissance Energy Africa Ltd.	TSXV:RECO	30%	\$1.12

*As at 03/31/2026 (CAD)

In Case You Missed It...

CABRAL GOLD INC.

[Cabral Gold Drills 9.5m @ 87.4 g/t Gold at Jerimum Cima Target, Cuiú Cuiú Gold District, Brazil](#)

Release Date: 2026-03-12

DOUBLEVIEW GOLD CORP.

[Doubleview Gold Corp. Announces Positive Preliminary Economic Assessment for the Hat Project; Robust Base-Case Economics with Strategic Scandium Upside](#)

Release Date: 2026-03-02

NEW FOUND GOLD CORP.

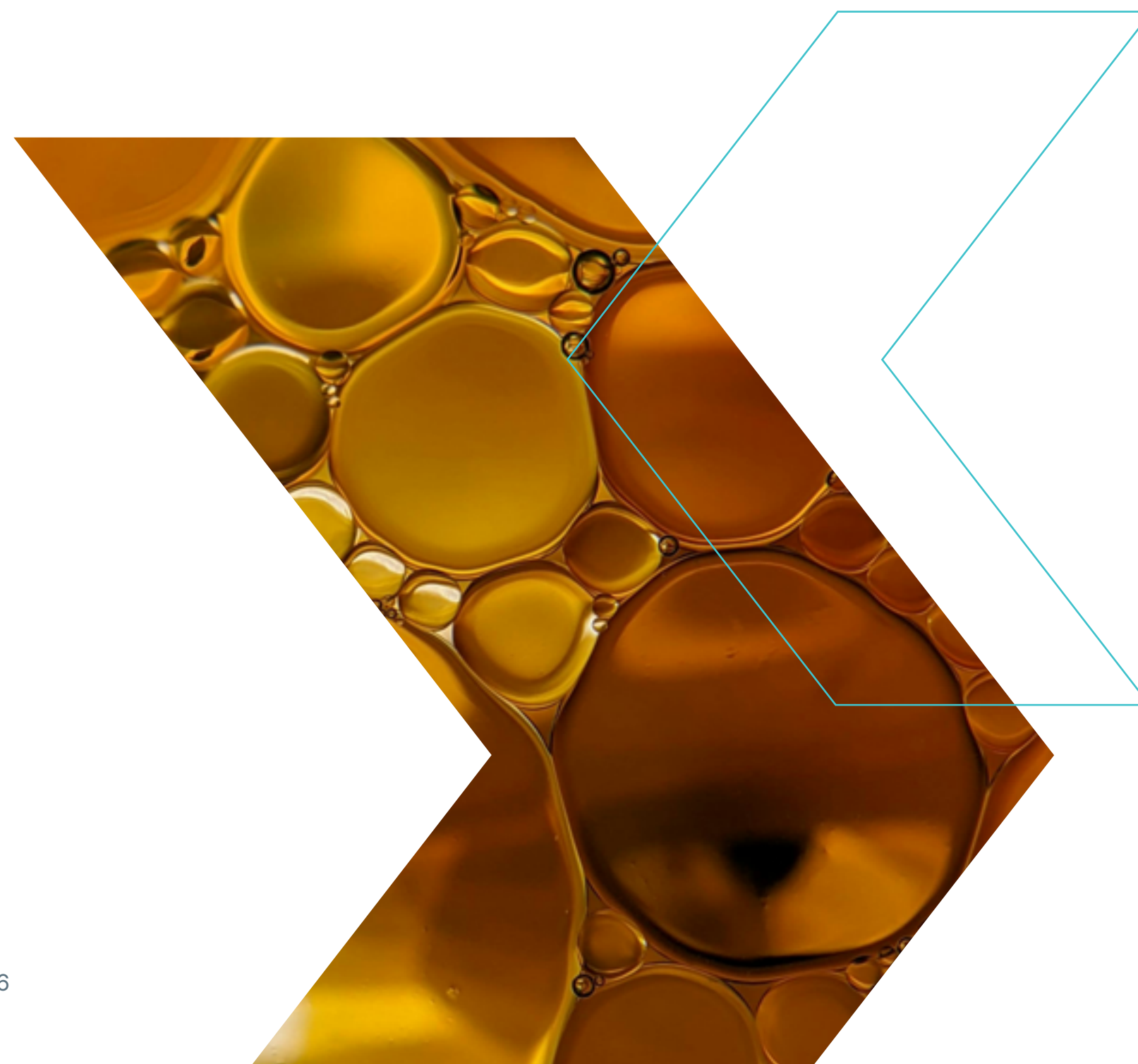
[New Found Gold Grade Control Drilling Continues to Deliver At-Surface High Grade Gold over Broad Widths at Queensway](#)

Release Date: 2026-03-01

Small Cap

Market Cap: \$25 Million to \$100 Million

407 Issuers Total



Share Price Performance

Top Companies	Ticker	Share Price Performance	Share Price*
Avanti Helium Corp.	TSXV:AVN	146%	\$0.59
Getty Copper Inc.	TSXV:GTC	106%	\$0.17
Desert Mountain Energy Corp.	TSXV:DME	78%	\$0.44
Buffalo Potash Corp.	TSXV:BUFF	66%	\$0.63
Helium Evolution Inc.	TSXV:HEVI	65%	\$0.22
Enablence Technologies Inc.	TSXV:ENA	56%	\$3.39
iFabric Corp.	TSX:IFA	56%	\$3.04
Xali Gold Corp.	TSXV:XGC	53%	\$0.29
Hydaway Digital Corp.	TSXV:HIDE	50%	\$0.75
Perimeter Medical Imaging AI Inc.	TSXV:PINK	48%	\$0.45

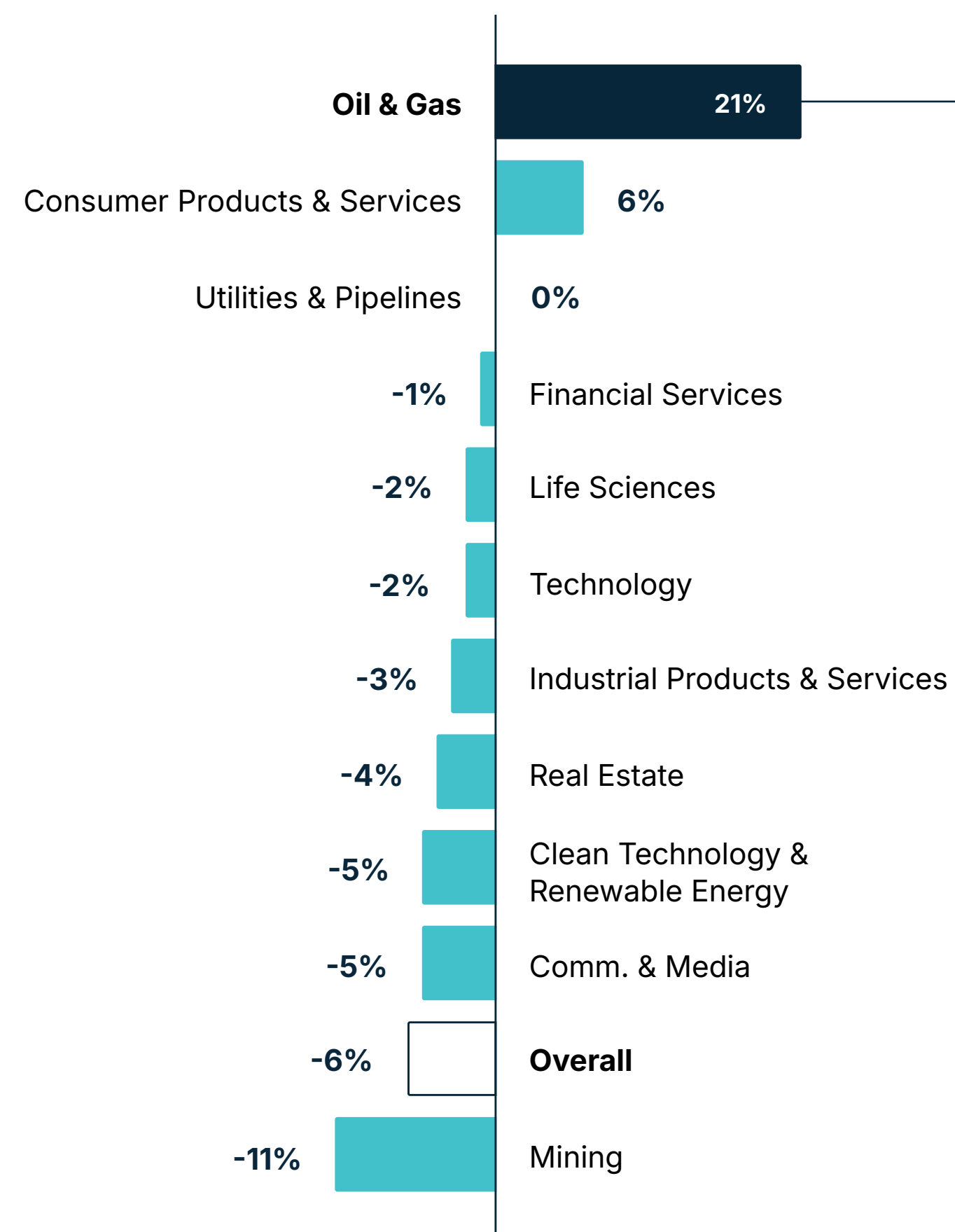
Most Active

Top Companies	Ticker	Volume Traded (Millions of Shares)
Scandium Canada Ltd.	TSXV:SCD	68.7
Charbone Hydrogen Corp.	TSXV:CH	66.5
ROK Resources Inc.	TSXV:ROK	30.3
Avanti Helium Corp.	TSXV:AVN	25.8
Defiance Silver Corp.	TSXV:DEF	23.9
Equity Metals Corp.	TSXV:EQTY	23.5
IMPACT Silver Corp.	TSXV:IPT	22.9
Pirate Gold Corp.	TSXV:YARR	20.2
Consolidated Lithium Metals Inc.	TSXV:CLM	20.1
TNR Gold Corp.	TSXV:TNR	19.6

*As at 03/31/2026 (CAD)

Small Cap Top Performing Sector

Average Share Price Performance by Sector



Top Performing Sector Oil & Gas

Top Companies	Ticker	Share Price Performance	Share Price*
Avanti Helium Corp.	TSXV:AVN	146%	\$0.59
Desert Mountain Energy Corp.	TSXV:DME	78%	\$0.44
Helium Evolution Inc.	TSXV:HEVI	65%	\$0.22
Southern Energy Corp.	TSXV:SOU	33%	\$0.08
New Stratus Energy Inc.	TSXV:NSE	25%	\$0.65
ROK Resources Inc.	TSXV:ROK	24%	\$0.26
CanCambria Energy Corp.	TSXV:CCEC	20%	\$0.53
Touchstone Exploration Inc.	TSX:TXP	13%	\$0.18
Highwood Asset Management Ltd.	TSXV:HAM	10%	\$4.66
Source Rock Royalties Ltd.	TSXV:SRR	9%	\$1.00

*As at 03/31/2026 (CAD)

In Case You Missed It...

CARRIER CONNECT DATA SOLUTIONS INC.

[Carrier Connect Data Solutions Inc. Completes Acquisition of Saint John Data Center](#)

Release Date: 2026-03-02

THUNDER GOLD CORP.

[Thunder Gold Closes \\$2.5 Million Financing Led by a Strategic Investor](#)

Release Date: 2026-03-18

FOCUS GRAPHITE INC.

[Focus Graphite Officially Commences Government-Supported Thermal Purification Project to Establish Dual-Use Graphite Production in Canada](#)

Release Date: 2026-03-02

Micro Cap

Market Cap: < \$25 Million

405 Issuers Total



Share Price Performance

Top Companies	Ticker	Share Price Performance	Share Price*
Monumental Energy Corp.	TSXV:MNRG	257%	\$0.13
First Helium Inc.	TSXV:HELI	100%	\$0.05
Bravada Gold Corp.	TSXV:BVA	90%	\$0.57
Altura Energy Corp.	TSXV:ALTU	84%	\$0.29
Horizon Petroleum Ltd.	TSXV:HPL	83%	\$0.11
Volt Carbon Technologies Inc.	TSXV:VCT	75%	\$0.04
Wescan Energy Corp.	TSXV:WCE	67%	\$0.10
Akita Drilling Ltd.	TSX:AKT.B	63%	\$4.20
Newport Exploration Ltd.	TSXV:NWX	62%	\$0.17
Wishpond Technologies Ltd.	TSXV:WISH	62%	\$0.21

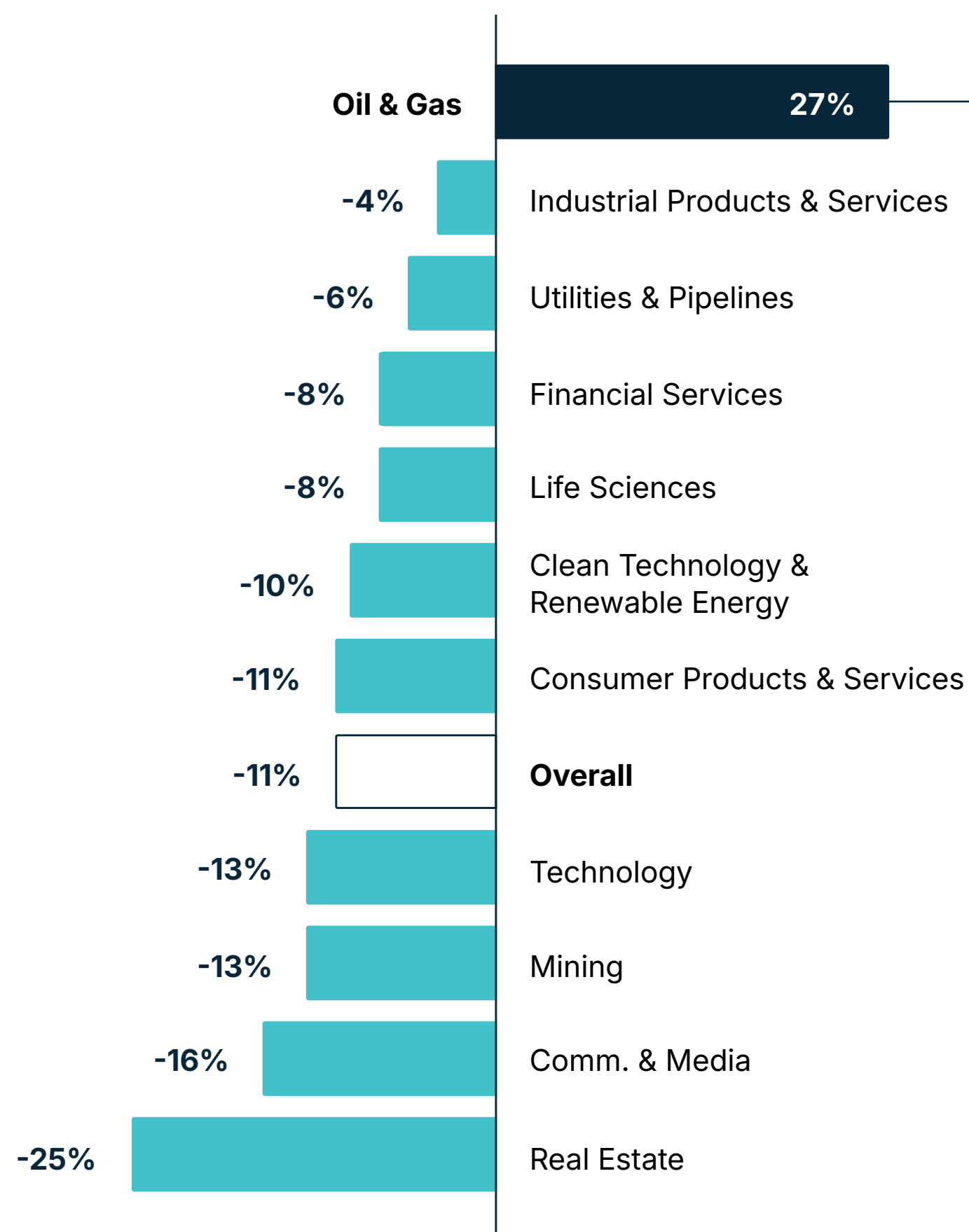
Most Active

Top Companies	Ticker	Volume Traded (Millions of Shares)
First Helium Inc.	TSXV:HELI	34.7
Monumental Energy Corp.	TSXV:MNRG	26.1
Kirkstone Metals Corp.	TSXV:KSM	18.9
INEO Tech Corp.	TSXV:INEO	18.8
Regency Silver Corp.	TSXV:RSMX	17.8
World Copper Ltd.	TSXV:WCU	15.2
Rio Silver Inc.	TSXV:RYO	15.0
MCF Energy Ltd.	TSXV:MCF	15.0
Quantum Critical Metals Corp.	TSXV:LEAP	14.9
Simply Solventless Concentrates Ltd.	TSXV:HASH	13.9

*As at 03/31/2026 (CAD)

Micro Cap Top Performing Sector

Average Share Price Performance by Sector



Top Performing Sector Oil & Gas

Top Companies	Ticker	Share Price Performance	Share Price*
First Helium Inc.	TSXV:HELI	100%	\$0.05
Altura Energy Corp.	TSXV:ALTU	84%	\$0.29
Horizon Petroleum Ltd.	TSXV:HPL	83%	\$0.11
Wescan Energy Corp.	TSXV:WCE	67%	\$0.10
Criterion Energy Ltd.	TSXV:CEQ	41%	\$0.12
New Zealand Energy Corp.	TSXV:NZ	39%	\$0.43
MCF Energy Ltd.	TSXV:MCF	29%	\$0.05
CanAsia Energy Corp.	TSXV:CEC	25%	\$0.10
Vital Energy Inc.	TSXV:VUX	13%	\$0.18
Prospera Energy Inc.	TSXV:PEI	0%	\$0.04

*As at 03/31/2026 (CAD)

In Case You Missed It...

PROSPECT PREDICTION MARKETS INC.

[Prospect Markets Announces AI Collaboration with ASAPI.AI to Explore Prediction Market Modeling](#)

Release Date: 2026-03-05

NEVADA SUNRISE METALS CORP.

[Nevada Sunrise Resamples 50.2 Metres of 1.013 Grams/Tonne Gold from Historical Drill Hole at the Griffon Gold Mine Project, Nevada](#)

Release Date: 2026-03-10

INEO TECH CORP.

[INEO Corrects Meeting Location for Annual General Meeting of Shareholders to Be Held March 27, 2026](#)

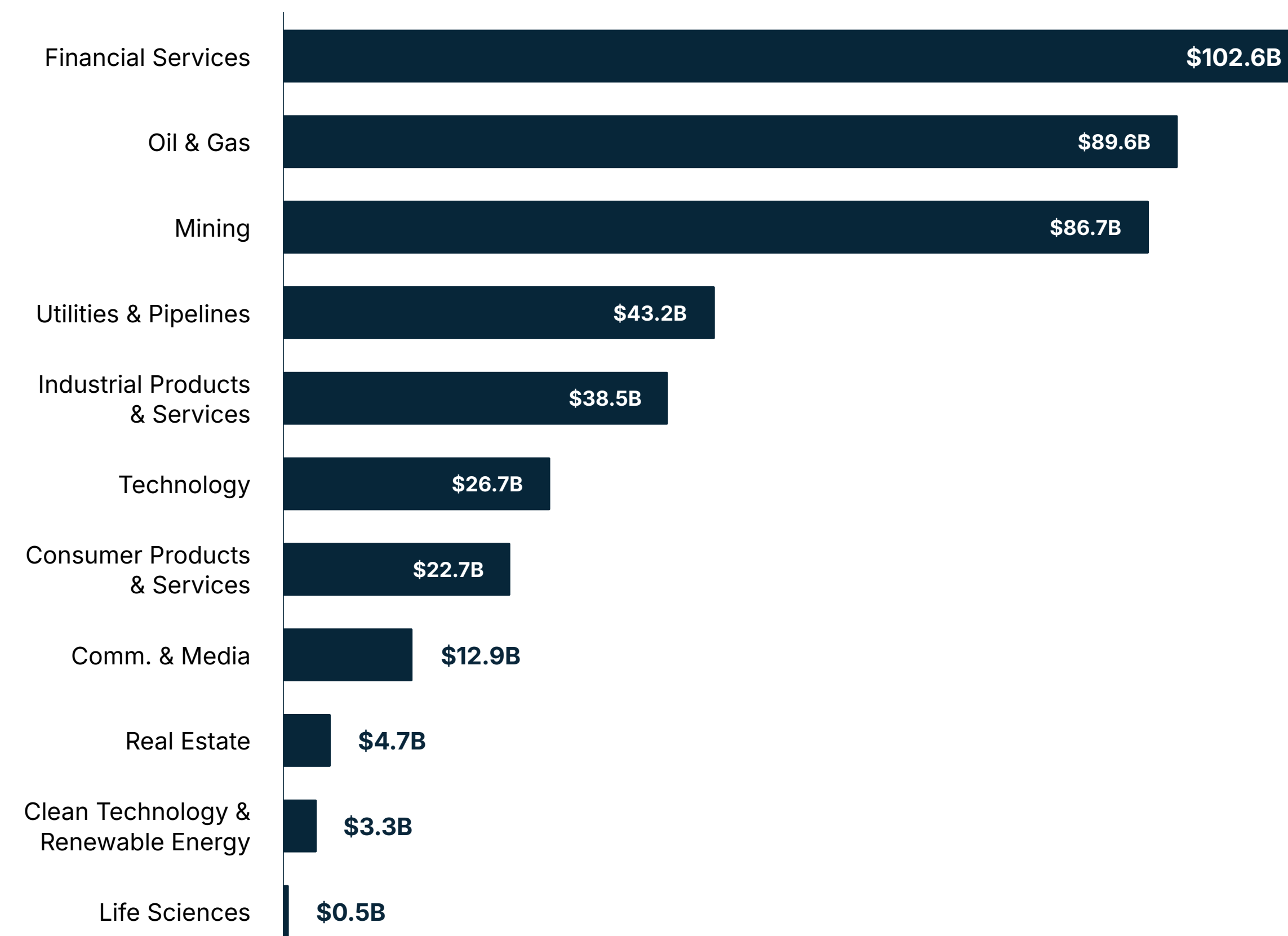
Release Date: 2026-03-18

Top TSX and TSXV Indices*

Index Name	Performance
S&P/TSX Energy Index	15%
S&P/TSX Information Technology Index	1%
S&P/TSX Utilities Index	0%
S&P/TSX Communication Services Index	-1%
S&P/TSX Venture Industrials Index	-2%
S&P/TSX Consumer Staples Index	-3%
S&P/TSX Venture Energy Index	-3%
S&P/TSX Financials Index	-3%
S&P/TSX 60 Index	-3%
S&P/TSX Composite Index	-5%

*As at 03/31/2026 (CAD)

Value Traded by Sector (C\$B)





For more information

Richard Goodman

Managing Director, Global Capital Development
& Business Transformation

richard.goodman@tmx.com

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