		John Hamilton	
	Name	Jone 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
	Reason for the notificat	tion	
	Position/status	Chief Executive Officer	
	Initial notification/ Amendment	Initial Notification	
	Details of the issuer, en	nission allowance market participant,	, auction platform, auctioneer o
	Name	Panoro Energy ASA	
	LEI	5967007LIEEXZXGWM030	
	Details of the transaction transaction; (iii) each date	s): section to be repeated for (i) each type of instrument; (ii) each type of ; and (iv) each place where transactions have been conducted	
	Description of the financial instrument, type of	Award of Restricted Share Units (S	Share Options)
	Description of the financial instrument, type of instrument  Identification code	Award of Restricted Share Units (S	Share Options)
	cial instrument, type of instrument	ISIN NO0010564701	Share Options)
	cial instrument, type of instrument Identification code  Nature of the transaction	ISIN NO0010564701	Share Options)
	cial instrument, type of instrument Identification code	ISIN NO0010564701	Share Options)  Volume(s)
)	cial instrument, type of instrument Identification code  Nature of the transaction	ISIN NO0010564701	1
	cial instrument, type of instrument Identification code  Nature of the transaction  Price(s) and volume(s)  Aggregated information	Price(s) NOK 0.05	Volume(s)
	cial instrument, type of instrument Identification code  Nature of the transaction  Price(s) and volume(s)	ISIN NO0010564701  Price(s)	Volume(s)
	cial instrument, type of instrument Identification code  Nature of the transaction  Price(s) and volume(s)  Aggregated information  — Aggregated volume	Price(s) NOK 0.05  Volume: 189,615	Volume(s)

	Name	Qazi Qadeer	
	Reason for the notifica	ication	
)	Position/status	Chief Financial Officer	
)	Initial notification/ Amendment	Initial Notification	
3	Details of the issuer, eauction monitor	mission allowance market participant,	auction platform, auctioneer or
c)	Name	Panoro Energy ASA	
d)	LEI	5967007LIEEXZXGWM030	
ļ	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted		
ı)	Description of the financial instrument, type of	Award of Restricted Share Units (S	Share Options)
	instrument Identification code	ISIN NO0010564701	
) )	instrument		
<u></u>	instrument Identification code	n	Volume(s)
b) c)	instrument Identification code  Nature of the transaction		Volume(s) 93,509
<u>(</u>	instrument Identification code  Nature of the transaction	Price(s)	
<u></u>	Instrument Identification code  Nature of the transaction  Price(s) and volume(s)  Aggregated information  — Aggregated volume	Price(s) NOK 0.05  Volume: 93,509	

	Nī	Richard Morton	
	Name		
	Reason for the notificat	tion	
	Position/status	Technical Director	
	Initial notification/ Amendment	Initial Notification	
	Details of the issuer, en auction monitor	nission allowance market participant,	, auction platform, auctioneer o
	Name	Panoro Energy ASA	
)	LEI	5967007LIEEXZXGWM030	
	Details of the transaction transaction; (iii) each date	(s): section to be repeated for (i) each type of instrument; (ii) each type of each place where transactions have been conducted	
	Description of the financial instrument, type of	Award of Restricted Share Units (S	Share Options)
	Description of the financial instrument, type of instrument  Identification code	Award of Restricted Share Units (S  ISIN NO0010564701	Share Options)
	cial instrument, type of instrument	ISIN NO0010564701	Share Options)
	cial instrument, type of instrument Identification code Nature of the transaction	ISIN NO0010564701	Share Options)
	cial instrument, type of instrument Identification code	ISIN NO0010564701  Price(s)	Volume(s)
	cial instrument, type of instrument Identification code Nature of the transaction	ISIN NO0010564701	- , , , , , , , , , , , , , , , , , , ,
	cial instrument, type of instrument Identification code  Nature of the transaction  Price(s) and volume(s)  Aggregated information  — Aggregated volume	ISIN NO0010564701  Price(s)	Volume(s)
)	cial instrument, type of instrument Identification code  Nature of the transaction  Price(s) and volume(s)  Aggregated information	Price(s) NOK 0.05  Volume: 83,438	Volume(s)

)	Name	John Hamilton	
	Reason for the notifica	or the notification	
:)	Position/status	Chief Executive Officer	
l)	Initial notification/ Amendment	Initial Notification	
3	Details of the issuer, eauction monitor	mission allowance market participan	t, auction platform, auctioneer or
e)	Name	Panoro Energy ASA	
f)	LEI	5967007LIEEXZXGWM030	
1	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted		
c)	Description of the financial instrument, type of		s
	instrument Identification code	ISIN NO0010564701	
d)			
d) g)	Identification code	n	Volume(s)
	Nature of the transaction		Volume(s) 164,672
3)	Nature of the transaction	Price(s)	
	Identification code  Nature of the transaction  Price(s) and volume(s)  Aggregated information  — Aggregated volume	Price(s) NOK 0.05  Volume: 164,672	

)	Name	Qazi Qadeer	
	Reason for the notifica	otification	
:)	Position/status	Chief Financial Officer	
l)	Initial notification/ Amendment	Initial Notification	
3	Details of the issuer, e	mission allowance market participant,	auction platform, auctioneer or
g)	Name	Panoro Energy ASA	
n)	LEI	5967007LIEEXZXGWM030	
1	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted		
c)	Description of the finan-	Exercise of Restricted Share Units	
-)	cial instrument, type of instrument  Identification code	ISIN NO0010564701	
d)	instrument		
d)	instrument Identification code  Nature of the transaction	n	Volume(s)
	instrument Identification code		Volume(s) 72,067
(H)	instrument Identification code  Nature of the transaction	Price(s)	* * * * * * * * * * * * * * * * * * * *
d)	Instrument Identification code  Nature of the transaction  Price(s) and volume(s)  Aggregated information  — Aggregated volume	Price(s) NOK 0.05  Volume: 72,067	

)	Name	Richard Morton	
	Reason for the notifica	Reason for the notification	
:)	Position/status	Technical Director	
l)	Initial notification/ Amendment	Initial Notification	
3	Details of the issuer, e	mission allowance market participant	, auction platform, auctioneer or
<b>:</b> )	Name	Panoro Energy ASA	
d)	LEI	5967007LIEEXZXGWM030	
1	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted		
<b>:</b> )	Description of the financial instrument, type of	Exercise of Restricted Share Units	
	instrument Identification code	ISIN NO0010564701	
d)			
	Identification code		Volume(s) 70,430
g)	Nature of the transaction	Price(s)	
n)	Identification code  Nature of the transaction  Price(s) and volume(s)  Aggregated information  — Aggregated volume	Price(s) NOK 0.05  Volume: 70,430	