		John Hamilton				
	Name	Joint Frammion				
	Reason for the notificat	ion				
	Position/status	Chief Executive Officer				
	Initial notification/ Amendment	Initial Notification				
	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor					
	Name	Panoro Energy ASA				
)	LEI	5967007LIEEXZXGWM030				
	Details of the transaction	on(s): section to be repeated for (i) each type of instrument; (ii) each type of ate; and (iv) each place where transactions have been conducted				
	transaction; (iii) each date	e; and (iv) each place where transactions h	ave been conducted			
	Description of the financial instrument, type of	shares transferred to Employees unc	ave been conducted			
	Description of the finan-	e; and (iv) each place where transactions h	ave been conducted			
	Description of the financial instrument, type of instrument	Shares transferred to Employees und ISIN NO0010564701	der the RSU Plan			
	Description of the financial instrument, type of instrument Identification code  Nature of the transaction	Shares transferred to Employees und ISIN NO0010564701	der the RSU Plan			
	Description of the financial instrument, type of instrument Identification code	Shares transferred to Employees und ISIN NO0010564701	der the RSU Plan			
	Description of the financial instrument, type of instrument Identification code  Nature of the transaction	Shares transferred to Employees und  ISIN NO0010564701  Award of shares on settlement of Long-t	der the RSU Plan erm Incentive Plan			
	Description of the financial instrument, type of instrument Identification code  Nature of the transaction	Shares transferred to Employees und  ISIN NO0010564701  Award of shares on settlement of Long-t  Price(s)  NOK 0.05	erm Incentive Plan  Volume(s)			
	Description of the financial instrument, type of instrument Identification code  Nature of the transaction  Price(s) and volume(s)	Shares transferred to Employees und  ISIN NO0010564701  Award of shares on settlement of Long-t	erm Incentive Plan  Volume(s)  91,303			
	Description of the financial instrument, type of instrument Identification code  Nature of the transaction  Price(s) and volume(s)  Aggregated information  — Aggregated volume	Shares transferred to Employees und ISIN NO0010564701  Award of shares on settlement of Long-t  Price(s)  NOK 0.05  Volume: 91,303	erm Incentive Plan  Volume(s)  91,303			

	Oazi Oadaar			
Name	Qazi Qadeer			
Reason for the notificat	ion			
Position/status	Chief Financial Officer			
Initial notification/ Amendment	Initial Notification			
Details of the issuer, en auction monitor	nission allowance market participant, au	action platform, auctioneer o		
Name	Panoro Energy ASA			
LEI	5967007LIEEXZXGWM030			
5 " 44	nsaction(s): section to be repeated for (i) each type of instrument; (ii) each type of each date; and (iv) each place where transactions have been conducted			
Details of the transaction transaction; (iii) each date	(s): section to be repeated for (i) each type of e; and (iv) each place where transactions ha	of instrument; (ii) each type of ave been conducted		
Description of the financial instrument, type of	(s): section to be repeated for (i) each type of e; and (iv) each place where transactions has Shares transferred to Employees under	we been conducted		
transaction; (iii) each date  Description of the finan-	e; and (iv) each place where transactions ha	we been conducted		
Description of the financial instrument, type of instrument	Shares transferred to Employees under ISIN NO0010564701	er the RSU Plan		
Description of the financial instrument, type of instrument Identification code  Nature of the transaction	Shares transferred to Employees under ISIN NO0010564701	er the RSU Plan		
Description of the financial instrument, type of instrument Identification code	Shares transferred to Employees under ISIN NO0010564701	er the RSU Plan		
Description of the financial instrument, type of instrument Identification code  Nature of the transaction	Shares transferred to Employees under ISIN NO0010564701  Award of shares on settlement of Long-te	er the RSU Plan erm Incentive Plan		
Description of the financial instrument, type of instrument Identification code  Nature of the transaction  Price(s) and volume(s)	Shares transferred to Employees under ISIN NO0010564701  Award of shares on settlement of Long-tee Price(s)	er the RSU Plan  erm Incentive Plan  Volume(s)		
Description of the financial instrument, type of instrument Identification code  Nature of the transaction  Price(s) and volume(s)  Aggregated information	Shares transferred to Employees under ISIN NO0010564701  Award of shares on settlement of Long-tee Price(s)	er the RSU Plan  erm Incentive Plan  Volume(s)		
Description of the financial instrument, type of instrument Identification code  Nature of the transaction  Price(s) and volume(s)	Shares transferred to Employees under ISIN NO0010564701  Award of shares on settlement of Long-tee Price(s)  NOK 0.05	er the RSU Plan  erm Incentive Plan  Volume(s)  45,027		
Description of the financial instrument, type of instrument Identification code  Nature of the transaction  Price(s) and volume(s)  Aggregated information  — Aggregated volume	Shares transferred to Employees under ISIN NO0010564701  Award of shares on settlement of Long-te Price(s)  NOK 0.05  Volume: 45,027	er the RSU Plan  erm Incentive Plan  Volume(s)  45,027		

	Richard Morton			
Name	Menard Morton			
Reason for the notificat	ion			
Position/status	Technical Director			
Initial notification/ Amendment	Initial Notification			
Details of the issuer, en auction monitor	nission allowance market participant, at	uction platform, auctioneer o		
Name	Panoro Energy ASA			
LEI	5967007LIEEXZXGWM030			
Details of the transaction	ion(s): section to be repeated for (i) each type of instrument; (ii) each type of date; and (iv) each place where transactions have been conducted			
transaction; (iii) each date	e; and (iv) each place where transactions ha	of instrument; (ii) each type of ave been conducted		
Description of the financial instrument, type of	e; and (iv) each place where transactions has  Shares transferred to Employees und	ave been conducted		
transaction; (iii) each date  Description of the finan-	e; and (iv) each place where transactions ha	ave been conducted		
Description of the financial instrument, type of instrument	Shares transferred to Employees und  ISIN NO0010564701  Award of shares on settlement of Long-te	ler the RSU Plan		
Description of the financial instrument, type of instrument Identification code  Nature of the transaction	Shares transferred to Employees und  ISIN NO0010564701  Award of shares on settlement of Long-te	ler the RSU Plan		
Description of the financial instrument, type of instrument Identification code	Shares transferred to Employees und  ISIN NO0010564701  Award of shares on settlement of Long-te	ler the RSU Plan		
Description of the financial instrument, type of instrument Identification code  Nature of the transaction	Shares transferred to Employees und  ISIN NO0010564701  Award of shares on settlement of Long-to	erm Incentive Plan		
Description of the financial instrument, type of instrument Identification code  Nature of the transaction	Shares transferred to Employees und  ISIN NO0010564701  Award of shares on settlement of Long-te  Price(s)  NOK 0.05	erm Incentive Plan  Volume(s)		
Description of the financial instrument, type of instrument Identification code  Nature of the transaction  Price(s) and volume(s)	Shares transferred to Employees und  ISIN NO0010564701  Award of shares on settlement of Long-te	erm Incentive Plan  Volume(s)  42,600		
Description of the financial instrument, type of instrument Identification code  Nature of the transaction  Price(s) and volume(s)  Aggregated information  — Aggregated volume	Shares transferred to Employees und  ISIN NO0010564701  Award of shares on settlement of Long-te  Price(s)  NOK 0.05  Volume: 42,600	erm Incentive Plan  Volume(s)  42,600		