

1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	Qazi Muhammad Abdul Qadeer				
2	Reason for the notification					
a)	Position/status	Primary Insider				
b)	Initial notification/ Amendment	Initial notification				
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor					
a)	Name	Panoro Energy ASA				
b)	LEI	5967007LIEEXZXGWM030				
4	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					
a)	Description of the financial instrument, type of instrument Identification code	Award of Share Options (Restricted Share Units) ISIN NO0010564701				
b)	Nature of the transaction	Award of share options				
c)	Price(s) and volume(s)	<table border="1"> <tr> <td>Price(s)</td><td>Volume(s)</td></tr> <tr> <td>NOK 0.05</td><td>64,983</td></tr> </table>	Price(s)	Volume(s)	NOK 0.05	64,983
Price(s)	Volume(s)					
NOK 0.05	64,983					
d)	Aggregated information — Aggregated volume — Price	Volume: 64,983 RSUs/share options Exercise Price NOK: 0.05 each				
e)	Date of the transaction	2022-06-14				
f)	Place of the transaction	<i>n/a</i>				

1	Details of the person discharging managerial responsibilities/person closely associated					
b)	Name	Qazi Muhammad Abdul Qadeer				
2	Reason for the notification					
c)	Position/status	Primary Insider				
d)	Initial notification/ Amendment	Initial notification				
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor					
c)	Name	Panoro Energy ASA				
d)	LEI	5967007LIEEXZXGWM030				
4	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					
g)	Description of the financial instrument, type of instrument Identification code	Exercise of Share Options (Restricted Share Units) ISIN NO0010564701				
h)	Nature of the transaction	Exercise of Share Options and subscription of new shares				
i)	Price(s) and volume(s)	<table border="1"> <tr> <td>Price(s)</td> <td>Volume(s)</td> </tr> <tr> <td>NOK 0.05</td> <td>38,360</td> </tr> </table>	Price(s)	Volume(s)	NOK 0.05	38,360
Price(s)	Volume(s)					
NOK 0.05	38,360					
j)	Aggregated information — Aggregated volume — Price	Volume: 38,360 shares Exercise / Subscription Price NOK: 0.05 each				
k)	Date of the transaction	2022-06-14				
l)	Place of the transaction	<i>n/a</i>				

1	Details of the person discharging managerial responsibilities/person closely associated	
c)	Name	John Hamilton
2	Reason for the notification	
e)	Position/status	Primary Insider
f)	Initial notification/ Amendment	Initial notification
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor	
e)	Name	Panoro Energy ASA
f)	LEI	5967007LIEEXZXGWM030
4	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	
m)	Description of the financial instrument, type of instrument Identification code	Award of Share Options (Restricted Share Units) ISIN NO0010564701
n)	Nature of the transaction	Award of share options
o)	Price(s) and volume(s)	Price(s)
		NOK 0.05
p)	Aggregated information — Aggregated volume — Price	Volume: 131,772 RSUs/share options Exercise Price NOK: 0.05 each
q)	Date of the transaction	2022-06-14
r)	Place of the transaction	<i>n/a</i>

1	Details of the person discharging managerial responsibilities/person closely associated					
d)	a) Name	John Hamilton				
2	Reason for the notification					
g)	Position/status	Primary Insider				
h)	Initial notification/ Amendment	Initial notification				
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor					
g)	Name	Panoro Energy ASA				
h)	LEI	5967007LIEEXZXGWM030				
4	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					
s)	Description of the financial instrument, type of instrument Identification code	Exercise of Share Options (Restricted Share Units) ISIN NO0010564701				
t)	Nature of the transaction	Exercise of Share Options and subscription of new shares				
u)	Price(s) and volume(s)	<table border="1"> <tr> <td>Price(s)</td> <td>Volume(s)</td> </tr> <tr> <td>NOK 0.05</td> <td>118,760</td> </tr> </table>	Price(s)	Volume(s)	NOK 0.05	118,760
Price(s)	Volume(s)					
NOK 0.05	118,760					
v)	Aggregated information — Aggregated volume — Price	Volume: 118,760 shares Exercise / Subscription Price NOK: 0.05 each				
w)	Date of the transaction	2022-06-14				
x)	Place of the transaction	<i>n/a</i>				

1	Details of the person discharging managerial responsibilities/person closely associated					
e)	Name	Richard Morton				
2	Reason for the notification					
i)	Position/status	Primary Insider				
j)	Initial notification/ Amendment	Initial notification				
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor					
i)	Name	Panoro Energy ASA				
j)	LEI	5967007LIEEXZXGWM030				
4	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					
y)	Description of the financial instrument, type of instrument Identification code	Award of Share Options (Restricted Share Units) ISIN NO0010564701				
z)	Nature of the transaction	Award of share options				
aa)	Price(s) and volume(s)	<table border="1"> <tr> <td>Price(s)</td><td>Volume(s)</td></tr> <tr> <td>NOK 0.05</td><td>63,507</td></tr> </table>	Price(s)	Volume(s)	NOK 0.05	63,507
Price(s)	Volume(s)					
NOK 0.05	63,507					
bb)	Aggregated information — Aggregated volume — Price	Volume: 63,507 RSUs/share options Exercise Price NOK: 0.05 each				
cc)	Date of the transaction	2022-06-14				
dd)	Place of the transaction	<i>n/a</i>				

1	Details of the person discharging managerial responsibilities/person closely associated					
f)	a) Name	Richard Morton				
2	Reason for the notification					
k)	Position/status	Primary Insider				
l)	Initial notification/ Amendment	Initial notification				
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor					
k)	Name	Panoro Energy ASA				
l)	LEI	5967007LIEEXZXGWM030				
4	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					
ee)	Description of the financial instrument, type of instrument Identification code	Exercise of Share Options (Restricted Share Units) ISIN NO0010564701				
ff)	Nature of the transaction	Exercise of Share Options and subscription of new shares				
gg)	Price(s) and volume(s)	<table border="1"> <tr> <td>Price(s)</td> <td>Volume(s)</td> </tr> <tr> <td>NOK 0.05</td> <td>38,145</td> </tr> </table>	Price(s)	Volume(s)	NOK 0.05	38,145
Price(s)	Volume(s)					
NOK 0.05	38,145					
hh)	Aggregated information — Aggregated volume — Price	Volume: 38,145 shares Exercise / Subscription Price NOK: 0.05 each				
ii)	Date of the transaction	2022-06-14				
jj)	Place of the transaction	<i>n/a</i>				

1	Details of the person discharging managerial responsibilities/person closely associated					
g)	Name	Nigel McKim				
2	Reason for the notification					
m)	Position/status	Primary Insider				
n)	Initial notification/ Amendment	Initial notification				
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor					
m)	Name	Panoro Energy ASA				
n)	LEI	5967007LIEEXZXGWM030				
4	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					
kk)	Description of the financial instrument, type of instrument Identification code	Award of Share Options (Restricted Share Units) ISIN NO0010564701				
ll)	Nature of the transaction	Award of share options				
mm)	Price(s) and volume(s)	<table border="1"> <tr> <td>Price(s)</td> <td>Volume(s)</td> </tr> <tr> <td>NOK 0.05</td> <td>63,507</td> </tr> </table>	Price(s)	Volume(s)	NOK 0.05	63,507
Price(s)	Volume(s)					
NOK 0.05	63,507					
nn)	Aggregated information — Aggregated volume — Price	Volume: 63,507 RSUs/share options Exercise Price NOK: 0.05 each				
oo)	Date of the transaction	2022-06-14				
pp)	Place of the transaction	<i>n/a</i>				

1	Details of the person discharging managerial responsibilities/person closely associated					
h)	Name	Nigel McKim				
2	Reason for the notification					
o)	Position/status	Primary Insider				
p)	Initial notification/ Amendment	Initial notification				
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor					
o)	Name	Panoro Energy ASA				
p)	LEI	5967007LIEEXZXGWM030				
4	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					
qq)	Description of the financial instrument, type of instrument Identification code	Exercise of Share Options (Restricted Share Units) ISIN NO0010564701				
rr)	Nature of the transaction	Exercise of Share Options and subscription of new shares				
ss)	Price(s) and volume(s)	<table border="1"> <tr> <td>Price(s)</td> <td>Volume(s)</td> </tr> <tr> <td>NOK 0.05</td> <td>37,823</td> </tr> </table>	Price(s)	Volume(s)	NOK 0.05	37,823
Price(s)	Volume(s)					
NOK 0.05	37,823					
tt)	Aggregated information — Aggregated volume — Price	Volume: 37,823 shares Exercise / Subscription Price NOK: 0.05 each				
uu)	Date of the transaction	2022-06-14				
vv)	Place of the transaction	<i>n/a</i>				