

Panoro Energy (Oslo Ticker: PEN): Invitation to Second Quarter and half year 2019 results webcast 22 August 2019

Panoro Energy's Q2 2019 report will be published on Thursday, 22 August 2019 and will be available on our website <http://www.panoroenergy.com> at 07:30 a.m. CET.

Panoro will hold a live webcast presentation of the 2Q results at 09:00 a.m. CET on Thursday 22 August 2019, during which management will discuss the results and operations of the second quarter. After conclusion of the discussion, participants will be invited to ask questions on the Q2 report.

The webcast can be accessed through the following link where a presentation will be relayed in listen only mode. (<http://view-wtv/819-1577-22158/en>)

Should the participants wish to ask questions, the audio of the webcast can be accessed through the following calling numbers with the features to ask live questions.

Participants are requested to dial in five to ten minutes prior to the start time using the numbers and password below:

| | |
|----------------------------|----------------------|
| Local - Oslo, Norway | +47 21 563 318 |
| Toll Free – Norway | 800 19 457 |
| Local – Washington DC, USA | +1 202 204 1514 |
| Toll Free – USA | +1 866 966 5335 |
| Local – London, UK | +44 (0) 20 3003 2666 |
| Toll Free – UK | 0808 109 0700 |
| Password: | Panoro |

Participants dialling in from outside these countries may use the local UK or USA number.

A replay of the webcast will be available shortly after the event is finished and will remain on our website for approximately 7 days.

Enquiries

Qazi Qadeer, Chief Financial Officer
Tel: +44 203 405 1060
Email: investors@panoroenergy.com

About Panoro Energy

Panoro Energy ASA is an independent E&P company based in London and listed on the Oslo Stock Exchange with ticker PEN. The Company holds high quality production, exploration and development assets in Africa, namely the Dussafu License offshore southern Gabon, OML 113 offshore western Nigeria, and the TPS operated assets, Sfax Offshore Exploration Permit and Ras El Besh Concession, offshore Tunisia.

For more information visit the Company's website at www.panoroenergy.com.