CAIRN ENERGY PLC ("Cairn" or "the Company")

Interests of Directors / Persons Discharging Managerial Responsibility ("PDMRs") in the Company's Shares

1. Award of Free Shares under the Company's 2010 Share Incentive Plan

Cairn announces that, on 15 April 2021, it made its annual awards of up to £3,600 worth of ordinary shares of $^{21}/_{13}$ pence each in the Company ("Ordinary Shares") to eligible employees under the "Free Share" element of the Company's HMRC approved all-employee Share Incentive Plan established in April 2010 (the "SIP"). No consideration was paid for the grant of these awards.

Details of the Executive Directors and PDMRs who participated in the award, having complied with the eligibility criteria in terms of the rules of the SIP, are as follows:

Executive Director / PDMR	Number of Free Shares Awarded
Simon Thomson, Chief Executive	2,116
James Smith, Chief Financial Officer	2,116
Eric Hathon, Director of Exploration	2,116
Paul Mayland, Chief Operating Officer	2,116

The above awards were based on an Ordinary Share price of £1.701, being the closing price of a Cairn share on 14 April 2021. The Ordinary Shares awarded to participants in the SIP were existing shares previously purchased in the market. In accordance with the rules of the SIP, its Trustee will normally hold these Ordinary Shares on behalf of the relevant individuals throughout a holding period of five years from the date of award.

2. Summary of current holdings of Executive Directors / PDMRs

Following this announcement, the Executive Directors' and PDMRs' beneficial interests in the Shares of the Company are as follows:

Executive	Previous	Current Shares	% Issued Share Capital	under 200	entitlements 9 and 2017 IPs
Director / PDMR	Shares			Unvested Awards still subject to performance conditions	Vested but unexercised Awards*
Simon Thomson	1,145,089	1,147,205	0.230	2,569,262	629,600
James Smith	465,928	468,044	0.094	1,671,063	409,496
Eric Hathon	42,266	44,382	0.009	1,376,551	337,324
Paul Mayland	546,234	548,350	0.110	1,427,817	352,055

^{*} This column includes all outstanding Awards that have vested following the expiry of the applicable performance period, regardless of whether or not they are currently capable of being exercised under the rules of the applicable LTIP.

The following notifications are intended to satisfy the Company's obligations under Article 19(3) of EU Regulation No 596/2014 (the Market Abuse Regulation).

Details of the person discharging managerial responsibilities/person closely

associated

a)	Name	Simon Thomson		
2	Reason for the notification			
a)	Position/status	Chief Executive		
b)	Initial notification/ Amendment	Initial Notification		
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor			
a)	Name	Cairn Energy PLC		
b)	LEI	213800ZJEUQ8ZOC9AL24	-	
4	instrument; (ii) ea	nsaction(s): section to be rep ch type of transaction; (iii) e s have been conducted		
a)	Description of the financial instrument, type of instrument	Ordinary shares of 21/13 pence each		
	Identification code	GB00BN0SMB92		
b)	Nature of the transaction	Free shares awarded under the Company's all-employee Share Incentive Plan (2010)		
	Price(s) and	Price(s)	Volume(s)	
c)	volume(s)	£0	2,116	
d)	Aggregated	Not applicable		
u)	information - Aggregated volume - Price	Not applicable		
e)	- Aggregated volume	Not applicable 2021-04-15		
	- Aggregated volume - Price Date of the			
e)	- Aggregated volume - Price Date of the transaction Place of the	2021-04-15		
e)	- Aggregated volume - Price Date of the transaction Place of the transaction	2021-04-15	esponsibilities/person closely	
e)	- Aggregated volume - Price Date of the transaction Place of the transaction	2021-04-15 London Stock Exchange	esponsibilities/person closely	
e) f)	- Aggregated volume - Price Date of the transaction Place of the transaction Details of the persassociated	2021-04-15 London Stock Exchange son discharging managerial re	esponsibilities/person closely	

Initial notification/ Amendment	Initial Notification		
Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor			
Name	Cairn Energy PLC		
LEI	213800ZJEUQ8ZOC9AL24		
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			
Description of the financial instrument, type of instrument	Ordinary shares of 21/13 pence each		
Identification code	GB00BN0SMB92		
Nature of the transaction	Free shares awarded under the Company's all-employee Share Incentive Plan (2010)		
Price(s)		Volume(s)	
volume(s)	£0	2,116	
Aggregated information - Aggregated volume - Price	Not applicable		
Date of the transaction	2021-04-15		
Place of the transaction	London Stock Exchange		
	Amendment Details of the issurplatform, auctions Name LEI Details of the traininstrument; (ii) earninstrument; (iii) earninstrument, type of instrument, type of instrument identification code Nature of the transaction Price(s) and volume(s) Aggregated information - Aggregated volume - Price Date of the transaction Place of the	Details of the issuer, emission allowance marker platform, auctioneer or auction monitor Name Cairn Energy PLC LEI 213800ZJEUQ8ZOC9AL24 Details of the transaction(s): section to be reprinstrument; (ii) each type of transaction; (iii) each type of transaction; (iii) each type of transaction; (iii) each type of instrument, type of instrument, type of instrument, type of instrument Identification GB00BN0SMB92 Nature of the transaction Free shares awarded under the funcentive Plan (2010) Price(s) and volume (s) Aggregated information - Aggregated volume - Price Date of the transaction London Stock Exchange	

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Eric Hathon	
2	Reason for the notification		
a)	Position/status	Director of Exploration	
b)	Initial notification/ Amendment	Initial Notification	
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor		
a)	Name	Cairn Energy PLC	
b)	LEI	213800ZJEUQ8ZOC9AL24	

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	Ordinary shares of 21/13 pence each		
	Identification code	GB00BN0SMB92		
b)	Nature of the transaction	Free shares awarded under the Company's all-employee Share Incentive Plan (2010)		
	Price(s) and volume(s)	Price(s)	Volume(s)	
c)		£0	2,116	
d)	Aggregated information - Aggregated volume - Price	Not applicable		
e)	Date of the transaction	2021-04-15		
f)	Place of the transaction	London Stock Exchange		

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Paul Mayland	
2	Reason for the notification		
a)	Position/status	Chief Operating Officer	
b)	Initial notification/ Amendment	Initial Notification	
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor		
a)	Name	Cairn Energy PLC	
b)	LEI	213800ZJEUQ8ZOC9AL24	
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	Ordinary shares of 21/13 pence each	
	Identification code	GB00BN0SMB92	
b)	Nature of the transaction	Free shares awarded under the Company's all-employee Share Incentive Plan (2010)	

Price(s) and volume(s)		Price(s)	Volume(s)
		£0	2,116
	Aggregated information		
d)	- Aggregated volume - Price	Not applicable	
e)	Date of the transaction	2021-04-15	
f)	Place of the transaction	London Stock Exchange	

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