

NOTIFICATION OF TRANSACTIONS OF PERSONS DISCHARGING MANAGERIAL RESPONSIBILITIES

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Paul McDade (CEO) Les Wood (CFO) Angus McCoss (Exploration Director)	
2	Reason for the notification		
a)	Position/status	As per 1(a)	
b)	Initial notifications /Amendments	Initial notifications	
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor		
a)	Name	Tullow Oil plc	
b)	LEI	2138003EYHWO75RKS857	
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	Ordinary shares of 10p each GB0001500809	
b)	Nature of the transactions	(1) Purchase of securities and receipt of awards of free shares under the HMRC Approved Share Incentive Plan at the end of an accumulation period for savings. (2) Reinvestment of dividend paid on Tullow Oil plc shares held under the HMRC Approved Share Incentive Plan.	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		(1) £2.0365	(1) 221 (Angus McCoss) (1) 221 (Paul McDade) (1) 221 (Les Wood)
		(1) £0.00	(1) 221 (Angus McCoss) (1) 221 (Paul McDade) (1) 221 (Les Wood)
		(2) £2.035	(2) 122 (Angus McCoss) (2) 178 (Paul McDade) (2) 46 (Les Wood)
d)	Aggregated information - Aggregated volume	(1) 442 (Angus McCoss) (1) 442 (Paul McDade) (1) 442 (Les Wood) (2) 122 (Angus McCoss)	

	- Price	(2) 178 (Paul McDade) (2) 46 (Les Wood) (1) £450.06 (Angus McCoss) (1) £450.06 (Paul McDade) (1) £450.07 (Les Wood) (2) £248.27 (Angus McCoss) (2) £362.23 (Paul McDade) (2) £93.61 (Les Wood)
e)	Date of the transactions	(1) 07.10.2019, (2) 04.10.2019
f)	Place of the transactions	London Stock Exchange (XLON)

Name of officer of issuer responsible for making notification: Adam Holland

Date of notification: 09.10.2019