

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	(1) Nil price options granted pursuant to the rules of the Tullow Incentive Plan. (2) Ordinary shares of 10p each GB0001500809	
b)	Nature of the transactions	(1) Dividend-equivalent adjustment of nil price option awards granted pursuant to the 2018 and 2019 Tullow Incentive Plan schemes (2) Reinvestment of dividend earned under the 2018 and 2019 TIP (Tullow Incentive Plan) schemes through nominee account	
c)	Price(s) and volume(s)	Price(s) (1) £2.05 (2) £2.0217	Volume(s) (1) 1,817 (Angus McCoss – 2018) (1) 2,508 (Angus McCoss – 2019) (1) 2,569 (Paul McDade – 2018) (1) 4,435 (Paul McDade – 2019) (1) 1,372 (Les Wood – 2018) (1) 2,661 (Les Wood – 2019) (2) 9,700
d)	Aggregated information - Aggregated volume - Price	(1) 4,325 (Angus McCoss) (1) 7,004 (Paul McDade) (1) 4,003 (Les Wood) (2) 9,700 (Angus McCoss) (1) £8,866.25 (Angus McCoss)	

		(1) £14,358.20 (Paul McDade) (1) £8,267.65 (Les Wood) (2) £19,610.49
e)	Date of the transactions	(1) 17.10.2019 (2) 08.10.2019
f)	Place of the transactions	(1) Outside a trading venue (2) London Stock Exchange (XLON)

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

Date of notification: 18.10.2019