

**NOTIFICATION OF TRANSACTIONS OF PERSONS DISCHARGING MANAGERIAL RESPONSIBILITIES**

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Les Wood (CFO)	
2	<b>Reason for the notification</b>		
a)	Position/status	As per 1(a)	
b)	Initial notifications /Amendments	Initial notifications	
3	<b>Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor</b>		
a)	Name	Tullow Oil plc	
b)	LEI	2138003EYHWO75RKS857	
4	<b>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</b>		
a)	Description of the financial instrument, type of instrument Identification code	Ordinary shares of 10p each  GB0001500809	
b)	Nature of the transactions	(1) Exercise of nil price options granted pursuant to the rules of the Tullow Incentive Plan. (2) Sale of ordinary shares of 10p each	
c)	Price(s) and volume(s)	Price(s) (1) £0.00  (2) £0.2623	Volume(s) (1) 101,249  (2) 47,711
d)	Aggregated information  - Aggregated volume  - Price	(1) 101,249 (2) 47,711  (1) £0.00 (2) £12,514.60	
e)	Date of the transactions	(1) 11.05.2020 (2) 11.05.2020	
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: 14.05.2020