

BLOCK LISTING SIX MONTHLY RETURN

INFORMATION PROVIDED ON THIS FORM MUST BE TYPED OR PRINTED ELECTRONICALLY AND PROVIDED TO AN RIS.

(Note: Italicised terms have the same meaning as given in the Listing Rules.)

Date: 16 NOVEMBER 2020

Name of <i>applicant</i> :		Tullow Oil plc			
Name of scheme:		1) Tullow Oil 2000 Executive Share Option Scheme ('2000 Scheme') 2) Tullow Oil 2010 Share Option Plan ('2010 Scheme') 3) Tullow Oil Performance Share Plan ('PSP') 4) Tullow Oil Employee Share Award Plan ('ESAP') 5) Tullow Oil Tullow Incentive Plan ('TIP') 6) Deferred Share Bonus Plan ('DSBP')			
Period of return:	From:	14 May 2020	To:	16 November 2020	
Balance of unallotted securities under scheme(s) from previous return:		1) 2,049,545 - 2000 Scheme 2) 494,085 - 2010 Scheme 3) 1,541,154 - PSP 4) 11,030,572 - ESAP 5) 3,392,628 - TIP 6) 132,725 - DSBP			
<u>Plus:</u> The amount by which the block scheme(s) has been increased since the date of the last return (if any increase has been applied for):		1) 0 2) 0 3) 0 4) 0 5) 0 6) 0			
<u>Less:</u> Number of securities issued/allotted under scheme(s) during period (see LR3.5.7G):		1) 0 2) 0 3) 0 4) 2,180,364 5) 517,906 6) 0			

Equals: Balance under scheme(s) not yet issued/allotted at end of period:

- 1) 2,049,545
- 2) 494,085
- 3) 1,541,154
- 4) 8,850,208
- 5) 2,874,722
- 6) 132,725

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