

1 - Details of the person discharging managerial responsibilities / person closely associated

Must complete either for a natural person or a legal person. If completing for a legal person, please include the legal form as provided for in the register where it is incorporated, if applicable.

Name of natural person Les Wood

Legal person

2 - Reason for the notification

For persons discharging managerial responsibilities:

- The position occupied within the issuer or emission allowance market participant should be indicated e.g. CEO, CFO.

For persons closely associated with:

- An indication that the notification concerns a person closely associated with a person discharging managerial responsibilities;

- Name and position of the relevant person discharging managerial responsibilities

Position/status CFO

Initial notification/amendment Initial Notification

3 - Details of the issuer or emission allowance market participant

Full name of the entity Tullow Oil plc

Legal Entity Identifier code 2138003EYHWO75RKS857

In accordance with ISO 17442 LEI code.

4 - Details of the transaction(s)

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

Transaction(s) summary table

Date Of Transaction	Financial Instrument	Identification Code	Place Of Transaction	Currency		
2021-01-05	Ordinary shares of 10p each	GB0001500809	Outside a trading venue	GBP - British Pound		
Nature Of Transaction:						
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.						
			Price	Volume	Total	
			0.15	2945	450.00	
			0.00	2945	0.00	
			Aggregated	0.076	5890	450.00