

NOTIFICATION OF TRANSACTIONS OF PERSONS DISCHARGING MANAGERIAL RESPONSIBILITIES

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	(1) Rahul Dhir (CEO) (2) Les Wood (CFO)	
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	Nil price options relating to ordinary shares of 10p each granted pursuant to the Tullow Incentive Plan.	
	Identification code	GB0001500809	
b)	Nature of the transactions	Grant of nil price options pursuant to the rules of the Tullow Incentive Plan. The awards granted will normally vest on 14 March 2027.	
c)	Price(s) and volume(s)	Price(s) Nil	Volume(s) (1) 1,104,269 (2) 878,646
d)	Aggregated information		
	- Aggregated volume	(1) 1,104,269 (2) 878,646	
	- Price	Nil	
e)	Date of the transactions	14.03.2022	
f)	Place of the transactions	Outside a trading venue	

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

Date of notification: 16.03.2022