

BLOCK LISTING RETURN

Date: 28 APRIL 2022

Name of applicant:		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:	20 May 2021	To:	27 April 2022	
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) 9,037,951 - ESAP 5) 4,210,825 - TIP 6) 132,725 - DSBP			
Plus: 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			
Less: Number of securities issued/allotted under scheme(s) during period (see LR3.5.7G):		1) 0 2) 0 3) 0 4) 5,117,161 5) 4,315,441 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) 3,920,790 5) -104,616 6) 132,725
--	---

Name of contact:	Adam Holland
Telephone number of contact:	+44 (0)20 3249 9000