

NOTIFICATION OF TRANSACTIONS OF PERSONS DISCHARGING MANAGERIAL RESPONSIBILITIES

Tullow announces that the following nil-cost option awards ("**Awards**") over its ordinary shares of £0.10 pence each ("**Shares**") were made under 2023 Executive Share Plan ("**2023 ESP**") to Ian Perks, Chief Executive Officer and Richard Miller, Chief Financial Officer of the Company.

The vesting of the Awards depends upon the extent to which specified total shareholder return targets are met over a three-year performance period from 2025-2028. Following any such vesting, the Award granted will be subject to a further two year "holding period" during which it cannot be exercised.

Ian Perks

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Ian Perks	
2	Reason for the notification		
a)	Position/status	Chief Executive Officer	
b)	Initial notifications /Amendments	Initial notification	
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	Ordinary shares of 10 pence each	
	Identification code	GB0001500809	
b)	Nature of the transactions	Grant of nil price options at £0.1068 per Share pursuant to the 2023 ESP.	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		Nil	6,788,390
d)	Aggregated information - Aggregated volume	6,788,390	
	- Price	Nil	
e)	Date of the transactions	03.10.2025	
f)	Place of the transactions	London stock Exchange	

Richard Miller

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Richard Miller	
2	Reason for the notification		
a)	Position/status	Chief Financial Officer	
b)	Initial notifications /Amendments	Initial notification	
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	Ordinary shares of 10 pence each	
	Identification code	GB0001500809	
b)	Nature of the transactions	Grant of nil price options at £0.15338 per Share pursuant to the 2023 ESP.	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		Nil	6,519,755
d)	Aggregated information		
	- Aggregated volume	6,519,755	
	- Price	Nil	
e)	Date of the transactions	28.03.2025	
f)	Place of the transactions	London stock Exchange	

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

Date of notification: 07.10.2025