

News Release

Appointment of Mitchell Ingram as a Non-executive Director of Tullow Oil plc

9 September 2020 - Tullow Oil plc (Tullow) is pleased to announce the appointment of Mitch Ingram as an independent Non-executive Director of Tullow with immediate effect. Mitch will stand for election at the 2020 Annual General Meeting in April 2021. Upon appointment, Mitch will join the Safety & Sustainability and Remuneration Committees.

Mitch is a highly experienced oil and gas executive who has had a distinguished career with senior positions at Occidental Petroleum, BG Group and, most recently, at Anadarko where he was a member of the Group's Executive Committee. As Anadarko's Executive Vice-President International, Deepwater and Exploration, Mitch took Anadarko's significant LNG asset in Mozambique to FID for the first part of the project, which will create a global LNG hub in Southern Africa. Concurrently, Mitch had responsibility for Anadarko's Project Management, HSE, Gulf of Mexico Deepwater Operations, Exploration, and assets in Algeria and Ghana, including the Tullow-operated Jubilee and TEN fields. At BG Group, Mitch was Development Director and then Asset General Manager for the Karachaganack field in Kazakhstan before working in Australia as Managing Director of QGC Australia on the world's first coal seam gas to LNG project.

Mitch began his career at Occidental where he spent 22 years in a number of technical and operational roles in the UK North Sea, Qatar and Libya. Mitch holds a BSc in Engineering Technology from Robert Gordon University in Aberdeen.

Dorothy Thompson, Chair of Tullow Oil Plc, commented today:

"I am delighted to welcome Mitch to the Board of Tullow. He will bring significant commercial, technical and operational insight to our discussions, as well as experience of Tullow's assets in Ghana from his time at Anadarko. I am certain that his extensive industry experience and expertise will be of material assistance across all of Tullow's activities."

FOR FURTHER INFORMATION CONTACT:

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Notes to Editors

Tullow Oil plc

Tullow is a leading independent oil & gas, exploration and production group, quoted on the London, Irish and Ghanaian stock exchanges (symbol: TLW). The Group has interests in 80 exploration and production licences across 15 countries in Africa and South America.

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DIRECTORS' DECLARATIONS PURSUANT TO RULE 9.6.13R OF THE LISTING RULES

Within the last five years, Mitchell Ingram has been a director of Western Gas Partners, LP a Delaware master limited partnership listed on the New York Stock Exchange. He resigned on 8 August 2019. There are no further disclosures required under Rule 9.6.13R of the Listing Rules of the UKLA and 6.6.7 of the Listing Rules of the Irish Stock Exchange in respect of the appointment of Mitchell Ingram.