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Tullow Oil plc

9 Chiswick Park, 566 Chiswick High Road, London W4 5XT Tel: +44 (0) 3249 9000 Fax: +44 (0) 3249 8801



2 March 2021

Dear shareholder,

This letter is to notify you that, further to the announcement by Tullow Oil plc (the "Company") on 9 February 2021 in relation to the agreed sale of all of its assets in Equatorial Guinea to Panoro Enery ASA for US\$89 million upfront cash consideration plus contingent cash payments of up to US\$16 million linked to asset performance and oil price (the "Transaction"), a shareholder circular relating to the Transaction (the "Circular"), containing a notice of general meeting (the "Notice of GM"), is now available to view and download from the Investors section of the Company's website: https://www.tullowoil.com/investors/shareholder-centre/general-meetings/. Your Form of Proxy for the general meeting (the "GM") is enclosed.

The GM will be held at 12 noon (London time) on 18 March 2021 at the Company's offices at 9 Chiswick Park, 566 Chiswick High Road, London W4 5XT. The Circular contains information on the business to be proposed at the GM, which should be read and considered before voting.

In light of the social distancing measures aimed at reducing the transmission of the COVID-19 virus in the United Kingdom, please note that attendance at the GM in person is not possible. The GM will be a closed meeting. Shareholders should not attempt to attend the GM in person. Any Shareholders who attempt to attend in person will be refused entry. Shareholders should instead vote in advance by proxy. Continued shareholder engagement remains very important to the Company and shareholders will therefore be able to listen to a live audio-cast of the GM and submit questions remotely throughout, as was possible for the Company's 2020 AnnualGeneral Meeting. Shareholders may also submit questions in advance via ir@tullowoil.com. Detailed instructions about voting by proxy and accessing the audio-cast are set out in the Notice of GM.

Whether participating in the audio-cast or not, shareholders are strongly encouraged to appoint the Chair of the GM as their proxy, by completing and signing the enclosed Form of Proxy or by appointing a proxy via CREST or online. Shareholders are asked to complete the Form of Proxy in accordance with the instructions printed on it and return it to Tullow's Registrars in the UK, Computershare Investor Services PLC, The Pavilions, Bridgwater Road, Bristol, BS99 6ZZ, as soon as possible and, in any event, so as to be received by no later than 12 noon (London time) on 16 March 2021, being 48 hours (excluding any part of a day that is not a working day) before the time appointed for the holding of the GM.

CREST members who wish to appoint a proxy or proxies through the CREST electronic proxy appointment service may do so by using the procedures described in the CREST Manual and by logging on to the following website: www.euroclear.com. CREST personal members or other CREST sponsored members, and those CREST members who have appointed (a) voting service provider(s), should refer to their CREST sponsor or voting service provider(s) who will be able to take the appropriate action on their behalf. CREST members must appoint a proxy through CREST by no later than 12 noon (London time) on 16 March 2021, being 48 hours (excluding any part of a day that is not a working day) before the time appointed for the holding of the GM.

As an alternative to appointing a proxy using the Form of Proxy or CREST, members can appoint a proxy online at: www.investorcentre.co.uk/eproxy. In order to appoint a proxy using this website, members will need their Control Number, Shareholder Reference Number and PIN. Shareholders must appoint a proxy using the website by no later than 12 noon (London time) on 16 March 2021, being 48 hours (excluding any part of a day that is not a working day) before the time appointed for the holding of the GM.

In addition, members who are institutional investors may be able to appoint a proxy electronically via the Proxymity platform, a process which has been agreed by the Company and approved by the Company's Registrars. For further information regarding Proxymity, please visit www.proxymity.io. You must appoint a proxy via Proxymity by no later than 12 noon (London time) on 16 March 2021, being 48 hours (excluding any part of a day that is not a working day) before the time appointed for the holding of the GM. Before appointing a proxy via Proxymity, members will need to agree to Proxymity's associated terms and conditions. You should read such terms and conditions carefully as you will be bound by such terms and conditions, which will govern the electronic appointment of your proxy.

This letter is only intended to inform shareholders of the availability of shareholder documents online. It does not contain sufficient information to allow shareholders to understand fully the proposals contained in the shareholder documents and should not be regarded as a substitute for reading them.

If you do not wish to continue to receive communications from us in this way, you may change the way you receive them. To receive future communications from us by email (including notifications such as this one) simply visit www.investorcentre.co.uk/etreeuk/tullowoilplc and register using your Shareholder Reference Number. You will then in future receive notification by email advising you when and how to access shareholder documents online.

If you have any queries regarding this letter, please contact the registrar on 03707036242 if calling from the UK or +443707036242 if calling from overseas. Lines are open 8.30 a.m. to 5.30 p.m. Monday to Friday.

Yours sincerely

Adam Holland
Company Secretary

Registered in England number: 3919249 Registered office as above

Toppan Merrill, London 21ZAW15304