



8 November 2011

Heritage Oil Plc
(the "Company")

Block Listing Six Monthly Return

Heritage Oil Plc, an independent upstream exploration and production company, in accordance with Listing Rule 3.5.6, notifies the following details in respect of the block listing for its Share Option Scheme, Exchangeable Shares and Convertible Bonds:

Name of applicant:		Heritage Oil Plc		
Name of scheme:		Share Option Scheme, Exchangeable Shares and Convertible Bonds		
Period of return:	From:	7 May 2011	To:	7 November 2011
Balance of unallotted securities under scheme(s) from previous return:		50,317,682		
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):		Nil		
Less: Number of <i>securities</i> issued/allotted under scheme(s) during period (see LR 3.5.7G):		1,517,100		
Equals: Balance under scheme(s) not yet issued/allotted at end of period:		48,800,582		

More information about the Company is available on the Company's website at www.heritageoilplc.com.

- Ends -

For further information please contact:

Heritage Oil Plc

Tony Buckingham, CEO / Paul Atherton, CFO

+44 (0) 1534 835 400

Email: info@heritageoilplc.com

Heritage Oil Plc– Investor Relations

Tanya Clarke

+44 (0) 20 7518 0838

Tanya.clarke@heritageoilplc.com

Pelham Bell Pottinger – PR - Europe

Nick Lambert / Duncan Mayall

+44 (0) 20 7861 3936 / +44 (0) 20 7861 3888

NLambert@pelhambellpottinger.co.uk / DMayall@pelhambellpottinger.co.uk

CHF Investor Relations – Investor Relations - Canada

Cathy Hume / Jeanny So

+1 416 868 1079 x231 / x225

cathy@chfir.com / jeanny@chfir.com

Notes to Editors

- Heritage is listed on the Main Market of the London Stock Exchange and is a constituent of the FTSE 250 Index. The trading symbol is HOIL. Heritage has a further listing on the Toronto Stock Exchange (TSX: HOC).
- Heritage is an independent upstream exploration and production company engaged in the exploration for, and the development, production and acquisition of, oil and gas in its core areas of Africa, the Middle East and Russia.
- Heritage has a producing property in Russia and exploration projects in the Kurdistan Region of Iraq, the Democratic Republic of Congo, Malta, Pakistan, Tanzania and Mali.
- All dollars are US\$ unless otherwise stated.
- For further information please refer to our website, **www.heritageoilplc.com**