



10 May 2010

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:	9 November 2009	To:	9 May 2010
Balance of unallotted securities under scheme(s) from previous return:		53,978,682		
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):		315,000		
Equals: Balance under scheme(s) not yet issued/allotted at end of period:		53,663,682		

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

- Ends -

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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 Uganda, 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**