

9 October 2009

**Heritage Oil Plc
(the "Company")**

Holding(s) in Company

TR-1: NOTIFICATION OF MAJOR INTERESTS IN SHARES

1. Identity of the issuer or the underlying issuer of existing shares to which voting rights are attached:

Heritage Oil Plc

2. Reason for the notification:

Change in total number of voting rights

3. Full name of person(s) subject to the notification obligation:

Capital Research and Management Company

4. Full name of shareholder(s) (if different from 3):

5. Date of the transaction (and date on which the threshold is crossed or reached if different) (v):

7 October 2009

6. Date on which issuer notified:

8 October 2009

7. Threshold(s) that is/are crossed or reached:

Below 11%

8. Notified details:

A: Voting rights attached to shares							
Class/type of shares if possible using the ISIN CODE	Situation previous to the Triggering transaction		Resulting situation after the triggering transaction				
	Number of Shares	Number of Voting Rights	Number of shares	Number of voting rights		% of voting rights	
			Indirect	Direct	Indirect	Direct	Indirect
JE00B2Q4TN56	31,566,000	31,566,000	31,566,000		31,566,000		10.9775 %

B: Financial Instruments

Resulting situation after the triggering transaction

Type of financial instrument	Expiration date	Exercise/ Conversion Period/ Date	Number of voting rights that may be acquired if the instrument is exercised/ converted.	% of voting rights
n/a				

Total (A+B)	
Number of voting rights	% of voting rights
31,566,000	10.9775%

9. Chain of controlled undertakings through which the voting rights and/or the financial instruments are effectively held, if applicable (xv):

Proxy Voting:

10. Name of the proxy holder:

11. Number of voting rights proxy holder will cease to hold:

12. Date on which proxy holder will cease to hold voting rights:

13. Additional information:

14. Contact name:

15. Contact telephone number:

- ENDS -

Enquiries

Heritage Oil Plc

Paul Atherton

+44 1534 835 400