



**Trinity Exploration & Production plc
("Trinity" or "the Group" or "the Company")**

Director Update

Trinity Exploration & Production plc (AIM: TRIN), the independent E&P company focused on Trinidad and Tobago, announces that Bruce Dingwall, Executive Chairman of Trinity, has recently been hospitalised due to a serious health incident. Bruce remains in a stable condition, but continues to undergo clinical assessments.

The Board has appointed Mr. Nicholas Clayton, Senior Independent Non-Executive Director, as Interim Non-Executive Chairman during Bruce's period of absence from the business.

Jeremy Bridglalsingh, Managing Director, will continue to lead the Executive Management Team, which was recently strengthened and expanded to include Mr. Denva Seepersad as the Finance Director and Dr. Ryan Ramsook as Executive Manager Sub Surface.

Nicholas Clayton, Interim Non-Executive Chairman of Trinity, commented:

"The Board's thoughts are with Bruce and his family at this difficult time and we wish him a safe and speedy recovery. Trinity has built a solid operational platform in recent years and the Group continues to be extremely well placed to pursue multiple growth opportunities."

Enquiries

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About Trinity (www.trinityexploration.com)

Trinity is an independent oil production company focused solely on Trinidad and Tobago. Trinity operates producing and development assets both onshore and offshore, in the shallow water West and East Coasts of Trinidad. Trinity's portfolio includes current production, significant near-term production growth opportunities from low risk developments and multiple exploration prospects with the potential to deliver meaningful reserves/resources growth. The Company operates all of its nine licences and, across all of the Group's assets, management's estimate of the Group's 2P reserves as at the end of 2020 was 19.55 mmbbls.

Group 2C contingent resources are estimated to be 31.06 mmbbls. The Group's overall 2P plus 2C volumes are therefore 50.61 mmbbls.

Trinity is quoted on the AIM market of the London Stock Exchange under the ticker TRIN.