

6 June 2018

Director Appointment

Sterling Energy plc ("Sterling" or the "Company"), the AIM listed oil and gas exploration company (AIM: SEY), is pleased to announce, with immediate effect, the appointment of Mr David Marshall to the position of Chief Executive Officer.

David has 35 years' experience in Oil and Gas Production and Development specialising in technical solutions for accessing production from stranded assets.

He has held managerial positions in onshore oil & gas drilling and production operations in Tunisia and Turkmenistan, and offshore in the North Sea, Gulf of Mexico, Gabon, the Middle East, Egypt and Holland. More recently David served as CEO of DEO Petroleum Limited, prior to its acquisition by Parkmead. He subsequently worked for Enquest in Egypt prior to becoming Director of Boreas resources.

David holds a Master's Degree in Petroleum Engineering from Heriot Watt University and a Bachelor of Science Honours Degree in Civil Engineering from Glasgow University

Comment

Michael Kroupeev, the Company's Non-Executive Chairman said:

"We are delighted to welcome David to the Board of Sterling and feel he will make a great addition to the team. His considerable experience and expertise in the E&P sector will be invaluable to the Company as it continues to pursue opportunities to add to the Company's portfolio of assets."

Further Information

Further information can be found on the Company's website at www.sterlingenergyplc.com

Sterling Energy plc

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David Marshall (CEO)
Michael Kroupeev (Chairman)

Peel Hunt LLP

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Richard Crichton
James Bavister

In accordance with the AIM Rules, the following information required to be disclosed is set out below. Other than this information, there is no further information required to be disclosed under Rule 17 or paragraph (g) of Schedule 2 of the AIM Rules.

Full name and age:	David Lee Marshall, aged 60
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Current Directorships	Diamond Sharp Energy Limited
Former Directorships (previous 5 years)	Boreas Resources Limited Adriatic Energy Limited