

22 February 2023

Sound Energy plc

("Sound Energy" or the "Company")

Block Admission Update

Sound Energy, (AIM: SOU) the AIM listed transition energy company, provides an update in relation to the Company's block admission arrangements (the "Block Admissions") in respect of new ordinary shares of 1 pence in the Company ("Ordinary Shares") which may be issued as a result of exercises of existing options.

Block Admission Interim Review

Pursuant to Rule 29 of, and Schedule Six to, the AIM Rules for Companies, the Company provides the following notification regarding its Block Admission.

Name of the company:	Sound Energy plc			
Name of scheme:	Nil cost options awarded to employees of the Company to subscribe for new Ordinary Shares in the Company in respect of 2020 and 2021 annual bonuses (the "Options"). The issue of the Options was announced by the Company on 3 May 2022.			
Period of return:	From:	13 May 2022	To:	21 February 2023
Number of unallotted securities not issued under the scheme(s) at the start of the period:		20,236,628		
<u>Plus:</u> 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):		0		
<u>Less:</u> Number of securities issued/allotted under scheme(s) during period:		3,424,044		
<u>Equals:</u> Balance under scheme(s) not yet issued/allotted at end of period:		16,812,584		
Number and class of securities originally admitted and the date of admission:		20,236,628 - 12 May 2022		
Name of contact:	AMBA Secretaries Limited, Company Secretary			
Telephone number of contact:	+44 (0)20 7190 9930			

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