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13 May 2025

**UPLAND RESOURCES LIMITED
("Upland" or the "Company")**

Exercise of Options

Upland Resources Limited (LSE: UPL) is pleased to announce that it has received Notices from Directors, an Officer and former CFO to exercise an aggregate of 91,000,000 share options over Ordinary Shares in the Company at exercise prices of 0.4p and .6p. Proceeds from the exercise of the share options is £514,000.

Total voting rights

Following the Option Exercise, the Company's total number of Ordinary Shares in issue is 1,511,958,048. This figure may be used by shareholders as the denominator for the calculation by which they will determine if they are required to notify their interest in, or a change to their interest in, the Company under the Financial Conduct Authority's Disclosure and Transparency Rules. Applications will be made to the Financial Conduct Authority and to the London Stock Exchange for all the 91,000,000 new Ordinary Shares to be admitted to listing on the Official List (standard listing segment) and to trading on the London Stock Exchange's main market for listed securities in due course. It is expected that Admission will become effective at 8.00 a.m. on 21 May 2025.

The following notifications, made pursuant to Article 19 of the Market Abuse Regulation, provide further details.

1	Details of the person discharging managerial responsibilities/person closely associated						
a)	Name	Bolhassan Di					
2	Reason for the notification						
a)	Position/status	Chairman and CEO					
b)	Initial notification/Amendment	Initial					
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor						
a)	Name	Upland Resources Limited					
b)	LEI	213800MRG7ISJEK8YA38					
4	Details of the transaction: section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted						
a)	Description of the financial instrument, type of instrument	Ordinary shares of no par value					
	Identification code	JE00BJXN4P16					
b)	Nature of the transaction	Exercise of share options					
c)	Price and volume	<table><tr><th>Price</th><th>Volume</th></tr><tr><td>£0.006</td><td>50,000,000</td></tr></table>	Price	Volume	£0.006	50,000,000	
Price	Volume						
£0.006	50,000,000						
	Aggregated information						

d)	Aggregated information	
	Total	£300,000
e)	Date of the transaction	12 May 2025
f)	Place of the transaction	London

1	Details of the person discharging managerial responsibilities/person closely associated						
a)	Name	Andrew Hurst					
2	Reason for the notification						
a)	Position/status	Non-executive Director					
b)	Initial notification/Amendment	Initial					
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor						
a)	Name	Upland Resources Limited					
b)	LEI	213800MRG7ISJEK8YA38					
4	Details of the transaction: section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted						
a)	Description of the financial instrument, type of instrument	Ordinary shares of no par value					
	Identification code	JE00BJXN4P16					
b)	Nature of the transaction	Exercise of share options					
c)	Price and volume	<table><tr><td>Price</td><td>Volume</td></tr><tr><td>£0.006</td><td>10,000,000</td></tr></table>		Price	Volume	£0.006	10,000,000
Price	Volume						
£0.006	10,000,000						
d)	Aggregated information						
	Total	£60,000					
e)	Date of the transaction	12 May 2025					
f)	Place of the transaction	London					

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Gerard Muarray
2	Reason for the notification	
a)	Position/status	Chief Operating Officer
b)	Initial notification/Amendment	Initial
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor	
a)	Name	Upland Resources Limited
b)	LEI	213800MRG7ISJEK8YA38
4	Details of the transaction: section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted	
a)	Description of the financial instrument, type of	Ordinary shares of no par value

	instrument		
	Identification code	JE00BJXN4P16	
b)	Nature of the transaction	Exercise of share options	
c)	Price and volume		
		Price	Volume
		£0.006 £0.004	15,000,000 8,000,000
d)	Aggregated information		
	Total	£122,000	
e)	Date of the transaction	12 May 2025	
f)	Place of the transaction	London	

****ENDS****

For further information, please contact:

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