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2 October 2026

Helix Exploration PLC

("Helix" or the "Company")

Grant of Options

Helix Exploration (AIM: HEX, OTCQB: HEXFF), the US-focused helium producer and liquefier, announces the grant of share options over 5,500,000 ordinary shares of 1 pence each ("Ordinary Shares") to Directors and Board Observers, as set out below, in line with the Company's management incentive strategy. The grants remain in line with the Company's share option plan implemented at IPO.

Schedule of Options

DIRECTOR/PDMR	ROLE	DATE OF GRANT	NO. OPTIONS	EXERCISE PRICE	VESTING	EXPIRY DATE
Robert Marshall	Non-Executive Director	1 October 2026	1,500,000	£0.10	Note 1	1 October 2031
Matthew Ciardiello	Chief Financial Officer, Director	1 October 2026	1,000,000	£0.22	Note 2	1 October 2031
Board Observer	Board Observer	1 October 2026	1,500,000	£0.10	Note 1	1 October 2031
Board Observer	Board Observer	1 October 2026	1,500,000	£0.10	Note 1	1 October 2031

Note 1:

- Options shall vest after two years from 7 July 2026 (being the admission date of the Placing Shares, Retail Offer Shares, Consideration Shares and TSD Consideration Shares as defined in the 2 July 2026 announcement)
- Options shall vest only once the Company's share price trades above £0.40 for 10 consecutive trading days

Note 2:

- 50% shall vest immediately
- 50% shall vest on the 1-year anniversary of grant date

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About Helix

From explorer to integrated US helium producer in just over two years.

Helix Exploration PLC (LSE: HEX) is a US-focused helium producer and liquefier building an integrated position across the helium value chain. Its flagship Rudyard Project in Montana commenced production in February 2026, with first commercial sales in July 2026. Production is currently subject to a regulatory pause requested by the MBOGC, as announced on 3 September 2026.

Helix is now expanding Rudyard through a drilling and processing capacity programme, supported by its own drilling rig, while the July 2026 acquisition of the Keyes Helium Complex in Oklahoma provides ownership of one of only six operational helium liquefaction facilities in the United States.

The combination of producing helium resources, owned drilling capability and liquefaction infrastructure gives Helix unique control across the value chain and creates multiple avenues for growth, including increased production, third-party processing and liquefaction.

Helix is focused on scaling a vertically integrated helium business positioned to serve the growing North American and global markets.

Follow us on social media:

LinkedIn: <https://www.linkedin.com/company/helixexploration>

X: <https://x.com/HelixExp>

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This announcement contains inside information for the purposes of the UK Market Abuse Regulation, and the Directors of the Company are responsible for the release of this announcement.

APPENDIX

1	Details of the person discharging managerial responsibilities/person closely associated	
a.	Name	Robert Marshall
2	Reason for 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	HELIX EXPLORATION PLC
b.	LEI	213800WGIUCDVNLJ9G76
4	Details of the transaction(s): 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 Identification Code	Ordinary Shares of 1p each ISIN: GB00BPK66X70					
b.	Nature of the transaction	Grant of Options					
c.	Price(s) and volume(s)	<table><tr><td>Price(s)</td><td>Volume(s)</td></tr><tr><td>10p</td><td>1,500,000</td></tr></table>		Price(s)	Volume(s)	10p	1,500,000
Price(s)	Volume(s)						
10p	1,500,000						
d.	Aggregated information - Aggregated Volume - Price	As above					
e.	Date of the transaction	1 October 2026					
f.	Place of the transaction	Off market					

1 Details of the person discharging managerial responsibilities/person closely associated						
a.	Name	Matthew Ciardiello				
2 Reason for notification						
a.	Position/Status	Chief Financial Officer, Director				
b.	Initial notification/ Amendment	Initial				
3 Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor						
a.	Name	HELIX EXPLORATION PLC				
b.	LEI	213800WGIUCDVNLJ9G76				
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Price(s)	Volume(s)					
22p	1,000,000					
d.	Aggregated information - Aggregated Volume - Price	As above				
e.	Date of the transaction	01 October 2026				

e.	Date of the transaction	01 October 2020
f.	Place of the transaction	Off market

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