UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 8-K

CURRENT REPORT PURSUANT TO SECTION 13 OR 15(d) OF THE

SECURITIES EXCHANGE ACT OF 1934

Date of report (Date of earliest event reported): September 3, 2013

LAREDO PETROLEUM HOLDINGS, INC.

(Exact Name of Registrant as Specified in Charter)

Delaware 001-35380 45-3007926

(State or Other Jurisdiction of Incorporation or Organization)

(Commission File Number)

(I.R.S. Employer Identification No.)

15 W. Sixth Street, Suite 1800, Tulsa, Oklahoma

74119

(Address of Principal Executive Offices)

(Zip Code)

Registrant's telephone number, including area code: (918) 513-4570

Not Applicable

(Former Name or Former Address, if Changed Since Last Report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- o Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- o Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- o Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
- o Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Item 7.01. Regulation FD Disclosure.

On September 3, 2013, Laredo Petroleum Holdings, Inc. (the "Company") posted to its website its September Corporate Presentation. The presentation is available on the Company's website, www.laredopetro.com, and is attached to this Current Report on Form 8-K as Exhibit 99.1 and incorporated into this Item 7.01 by reference.

All statements in the presentation other than historical financial information, may be deemed to be forward-looking statements within the meaning of Section 27A of the Securities Act of 1933, as amended, and Section 21E of the Securities Exchange Act of 1934, as amended. Although the Company believes the expectations expressed in such forward-looking statements are based on reasonable assumptions, such statements are not guarantees of future performance and actual results or developments may differ materially from those in the forward-looking statements. See the Company's Annual Report on Form 10-K for the year ended December 31, 2012 and the Company's other filings with the SEC for a discussion of other risks and uncertainties. The Company disclaims any intention or obligation to update or revise any forward-looking statements, whether as a result of new information, future events or otherwise.

In accordance with General Instruction B.2 of Form 8-K, the information in this report (including Exhibit 99.1) is deemed to be "furnished" and shall not be deemed "filed" for the purpose of Section 18 of the Securities Exchange Act of 1934, as amended, or otherwise subject to the liabilities of that section, nor shall such information and Exhibit be deemed incorporated by reference into any filing under the Securities Act of 1933, as amended, or the Securities Exchange Act of 1934, as amended.

Item 9.01. Financial Statements and Exhibits.

(d) Exhibits.

Exhibit Number	Description	
99.1	Company Presentation	

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

LAREDO PETROLEUM HOLDINGS, INC.

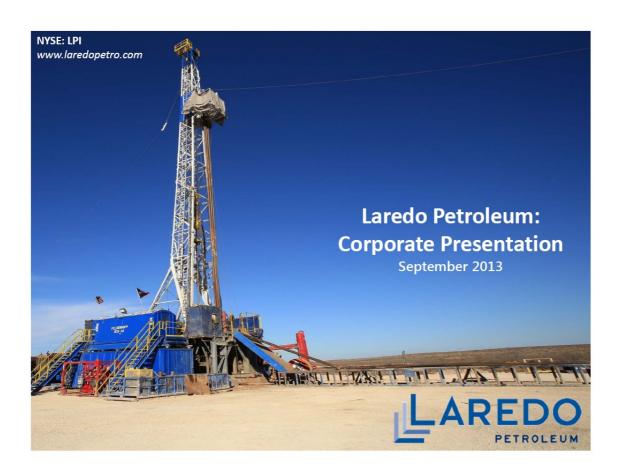
Date: September 3, 2013 By: /s/ Kenneth E. Dornblaser

Kenneth E. Dornblaser

Senior Vice President and General Counsel

EXHIBIT INDEX

Exhibit Number	Description
99.1	Company Presentation



Forward-Looking / Cautionary Statements

This presentation contains forward-looking statements within the meaning of Section 27A of the Securities Act of 1933 and Section 21E of the Securities Exchange Act of 1934. All statements, other than statements of historical fact, included in this presentation that address activities, events or developments that Larendo Petroleum Holdings, Inc. (the "Company", "Larendo" or "LPI") assumes, plans, expects, believes or anticipates will or may occur in the future are forward-looking statements. The words' "Petroleve," "expect," "may," "estimates," "will," "anticipate," "plan," "intend," "foresee," "should," "could," or other similar expressions are intended to identify forward-looking statements, which are generally not historical in nature. However, the absence of these words does not hean that the statements are not forward-looking. Without limiting the generally of the foregoing, forwards to contained in this presentation specifically include the expectations of plans, strategies, objectives and anticipated financial and operating results of the Company, including as to the Company based on management's expectations and perception of historical trends of other guidance included in this presentation. These statements are based on certain assumptions made by the Company based on management's expectations and perception of historical trends, current conditions, anticipated future developments and other factors believed to be appropriate. Such statements are subject to a number of assumptions, risks and uncertainties, many of which are beyond the control of the Company, which may cause actual results to differ materially from those implied or expressed by the forward-looking statements. These include, but are not limited to, risks relating to financial performance and results, current escenses and emplications, and regulatory actions, successful results from those projected as described in the Company's shulling of an activities, the Company's shulling of sufficiently develop and exploit its current reservers and o

Any forward-looking statement speaks only as of the date on which such statement is made and the Company undertakes no obligation to correct or update any forward-looking statement, whether as a result of new information, future events or otherwise, except as required by applicable law

The SEC generally permits oil and gas companies, in filings made with the SEC, to disclose proved reserves, which are reserve estimates that geological and engineering data demonstrate with reasonable certainty to be recoverable in future years from known reservoirs under existing economic and operating conditions and certain probable and possible reserves that meet the SEC's definitions for such terms. In this presentation, the Company may use the terms "estimated ultimate recovery," "EUR" or descriptions of volumes of reserves which the SEC guidelines restrict from being included in filings with the SEC without strict compliance with SEC definitions. The Company does not choose to include unproved reserve estimates in its filings with the SEC. Estimated ultimate recovery, refers to the Company's internal estimates of per well hydrocarbon quantities that may be potentially recovered, from a hypothetical and actual well completed in the area. Actual quantities that may be unitimately recovered from the Company's interests are unknown. Factors affecting ultimate recovery include the scope of the Company's ongoing drilling program, which will be directly affected by the availability of capital, drilling results, including geological and mechanical factors affecting recovery results, lease expirations, transportation constraints, regulatory approvals and other factors, as well as actual offilling results, including geological and mechanical factors affecting recovery results, lease expirations, transportation constraints, regulatory approvals and development of the Company's core assets provide additional data. In addition, the Company's production forecasts and expectations for future periods are dependent upon many assumptions, including estimates of production decline rates from existing wells and the undertaking and outcome of future drilling activity, which may be affected by significant commodity price declines or drilling cost increases.

This presentation includes financial measures that are not in accordance with generally accepted accounting principles ("GAAP"), including Adjusted EBITDA. While management believes that such measures are useful for investors, they should not be used as a replacement for financial measures that are in accordance with GAAP. For a reconciliation of Adjusted EBITDA to the nearest comparable measure in accordance with GAAP, please see the Appendix.

As previously disclosed, on August 1, 2013 (with an economic effective date of April 1, 2013) the Company disposed of its oil and natural gas properties, associated pipeline assets and various other associated property and equipment in the Anadarko Granite Wash, Central Texas Panhandle and the Eastern Anadarko Basin. As a result of such sale, the reserves, cash flows and all other attributes associated with the ownership and operations of these properties have been eliminated from the ongoing operations of the Company, and the information in this presentation has been prepared on such basis.

Laredo Petroleum Overview

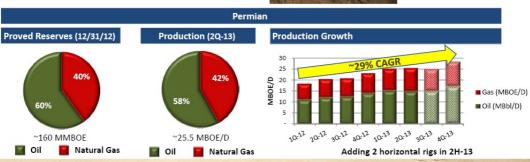
Key highlights

- Pure-play Permian oil opportunity
- Concentrated acreage position in the fairway of the Midland Basin
- Low-risk drilling inventory >10 years
- Sound financial structure
 - Rapidly growing cash flow from operations
 - Significant operational and financial flexibility

Permian Concentration



- ~139,960 net acres
- ~63% HBP
- \bullet ~91% avg working interest



¹ Production and reserves reported on a two-stream basis. Reserves are gas price adjusted to reflect NGL benefit. Proved reserves per Ryder Scott evaluation at 12/31/12, at SEC pricing reflecting Permian properties. On August 11, 2013 the Company completed the previously announced divestiture of its Anadarko Basin assets that include 28.6 MMBDE of liquids-rich natural gas reserves at 12/31/12 and approximately 10.0 MBDE/O of production in 2C-2013.

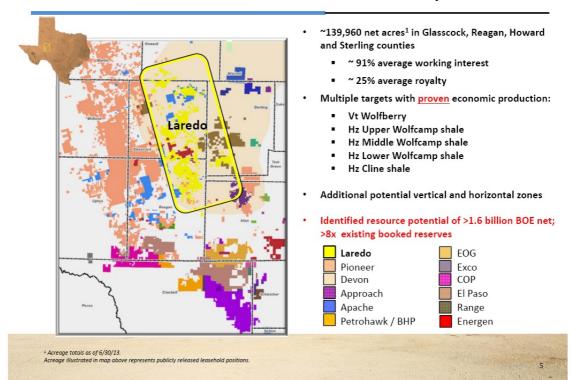
Laredo's Permian-Garden City Shale

Up to 1,825 feet of pay from four defined stacked shale zones with proven horizontal development potential with upside from multiple additional zones

	×	Wolfcamp				Upper Spraber
	Upper	Middle	Lower	Cline Shale	Combined	Lower Spraber
Basin	Midland	Midland	Midland	Midland	Midland	
Age	Permian	Permian	Permian	Penns.	Permian & Penns.	Dean Upper Wolfcar
Depth (ft)	7,000 - 7,500	7,300 - 7,900	7,900 - 8,500	9,000 - 9,500	7,000 - 9.500	Middle Wolfca
Average thickness (ft)	300 - 400	400 - 500	475 - 575	200 - 350	1,375 - 1,825	
TOC (%)	2.0 - 9.0	2.0 - 5.0	2.0 - 5.0	2.0 - 7.5	2.0 - 9.0	Lower Wolfcar Canyon
Thermal maturity (% RSO)	0.7 - 0.8	0.8 - 0.9	0.8 - 0.9	0.85 - 1.1	0.7 - 1.1	Penn Shale
Total porosity (%)	5.0 - 7.0	3.0 - 12.0	3.0 - 12.0	3.0 - 12.0	3.0 - 12.0	Cline
Pressure gradient (psi/ft)	0.45 - 0.50		0.45 - 0.50	0.55 - 0.65	0.45 - 0.65	Atoka Barnett Woodford
OOIP (MMBOE/Section)	30 - 60	25 - 50	20 - 40	20 - 45	95 - 195	Fusselman
						Additional zones

Wolfcamp & Cline shales properties from proprietary LPI core analysis; analog play properties from various industry sources

Permian Basin: Core Area in Garden City

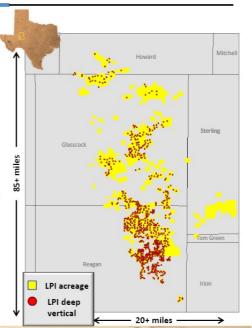


Permian-Garden City: Vertical Wolfberry



Entire 139,960 net acreage¹ block effectively de-risked for vertical development

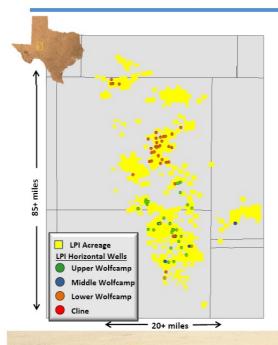
- Provides a technical and economic foundation for horizontal drilling programs
- >800 gross vertical wells to date
 - >300 gross vertical deep² wells to date
 - Includes completions in multiple horizons/zones as appropriate
- Large inventory of repeatable, vertical economic development locations
- Laredo currently drilling on 200-acre spacing
 - Industry drilling as tight as 20acre spacing



Acreage totals as of 6/30/13.

² Deep vertical wells are drilled through the Atoka

Permian-Garden City: Proven Multi-zone Horizontal Performance



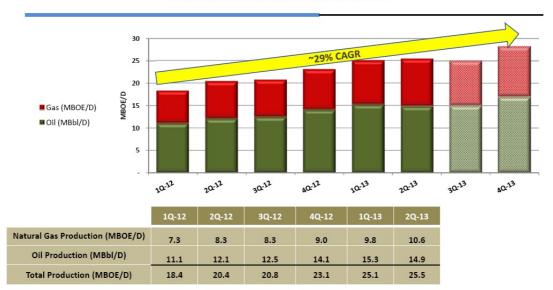
Average 30-day IP results from the Upper, Middle and Lower Wolfcamp at high-end or exceeding type curves

Horizontal Zone	Total # of Completions ¹		Long Lateral Average 30-Day IP ²
	Short Lateral	Long Lateral	BOE/D 2-Stream
Upper Wolfcamp	7	24	719
Middle Wolfcamp	1	3	946
LowerWolfcamp	0	4	861
Cline	31	5	502

✓ Commercial horizontal development has been proven for all four zones from 74 wells

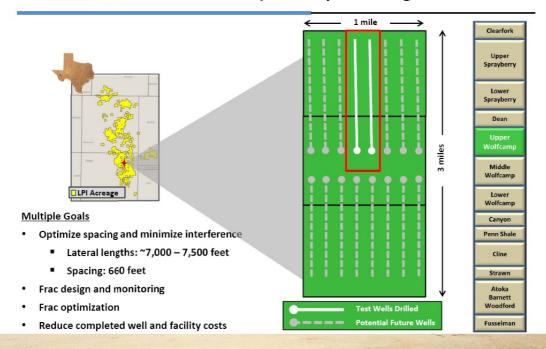
Well completions as of 6/30/13
 Based on long lateral completions of over 6,000 ft with at least 30 days of production history as of 8/1/13.

Permian Production Growth



Consistent Permian Focused Production Growth

Permian-Garden City: Side-by-Side Program



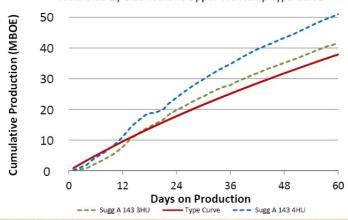
Representative development scheme for just one zone. Potential for multiple layers from each of the four target horizontal zones.

Permian-Garden City: Side-by-Side Program Early Results

All efforts are "early time", but are supporting 660' spacing

Cumulative Production Comparison

Initial Side-By-Side Wells vs Upper Wolfcamp Type Curve



Upper Wolfcamp Type Curve

	CUM Production					
	BBL	BBL MCF BOE				
1 month	16,650	29,342	21,540			
2 month	28,851	54,227	37,889			

Sugg A 143 3HU

	CUM Production		
	BBL	MCF	BOE
1 month	18,370	35,171	24,232
2 month	30,360	67,673	41,638

Sugg A 143 4HU

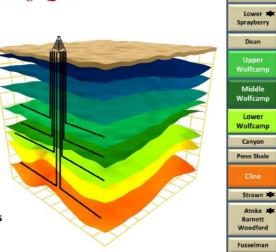
	CUM Production			
	BBL MCF BOE			
1 month	23,532	37,604	29,799	
2 month	37,730	79,854	51,039	

All production type curve and actual production data above presented on a two-stream basis

Permian-Garden City: Stacked Lateral Program



First 3-well stacked pad currently drilling, anticipate on production during 3Q-13



Objectives

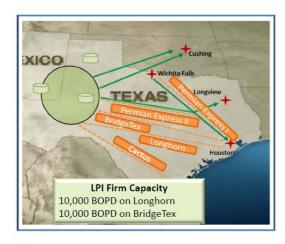
- · Evaluate multi-well stacked laterals
- Optimize vertical distance between laterals and communication
- · Optimize frac design and monitoring
- Test pad layout and scheduling of operations on multi-well pads

Additional zones with

11

Clearfork

Laredo is Actively Addressing Permian Take-away Capacity

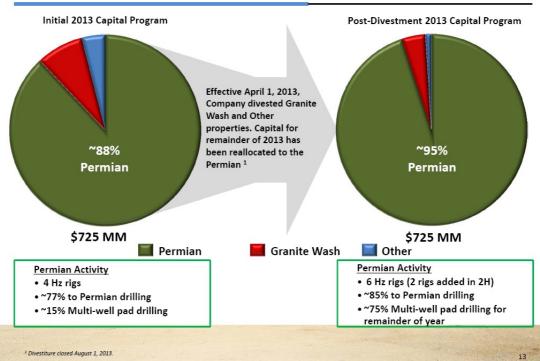


- 10,000 BOPD committed to Longhorn, increasing annually to > 23,000 BOPD over 5 years
 - Firm transportation out of the Permian
 - Eliminates Mid/Cush basis differential
 - Benefit from LLS Gulf Coast pricing premium to WTI
- 10,000 BOPD committed to BridgeTex (Mid 2014)
 - Firm transportation out of the Permian
 - Eliminates Mid/Cush basis differential
 - Benefit from Gulf Coast pricing premium to WTI
- Reviewing additional take-away capacity options, including: additional pipeline commitments, additional basis hedges, rail export to Gulf and East/West Coast and alternative pricing points

	Existing Refinery
_	Existing Pipelines
	New Pipelines and Additions

Hedge Position – 6/30/13	2013	2014	Total
BASIS SWAPS	Remainder of year		
Oil basis swaps			
Total volume hedged (Bbls)	1,472,000	2,252,000	3,724,000
Weighted average price (\$/Bbl)	\$1.40	\$1.04	\$1.18

Permian Focused Capital Program



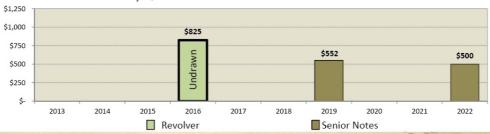
¹ Divestiture closed August 1, 2013.

Strong Liquidity & Financial Profile

Liquidity - \$MM		Pro-forma 8/1/2013
Cash and marketable securities	ties ¹ \$356	
Current Borrowing Base ²		825
Borrowings	owings 0	
Total Liquidity		\$1,181
Credit Ratings	Corporate	Notes
Moody's	B1	В3
S&P	B+	B-

Financial Debt Ratios ¹	As Reported 6/30/13	Pro-forma 8/1/2013
Debt / Adj. EBITDA (LQA)	2.7x	1.7x
EBITDA / Interest (LQA)	5.0x	4.3x
Debt / Daily Production (\$/BOE/D)	\$39,533	\$27,342
Debt / Proved Reserves (\$/BOE)	\$7.44	\$4.35





1 Debt ratios reflect Debt less cash and cash equivalents, as there was \$44.0 million and \$57.7 million in cash on the balance sheet at 6/30/2013 and 8/1/2013, respectively and \$298.7 million of net proceeds to th company for this offering

* Borrowing Base redetermined to \$325 Million effective 8/1/2013 with the close of the Anadarko Basia indivested properties
* Pro forms 8/1/2013 ratios exclude 02 2013 financial results related to the Anadarko Basia indivested properties of includes the offerina of \$309 million from the company with net proceeds to the c

Pro forma 8/1/2013 rotios exclude Q2 2013 financial results related to the Anadorko Basin divested properties and includes the offering of 5309 million from the company with net proceeds to the company of approximately \$298.7 million

Hedging Program: Protect and Stabilize Cash Flows

Oil Positions As of August 1, 2013

	17. 12.00			
	2013	2014	2015	Total
OIL ¹	Remainder of year			
Puts:				
Hedged Volume (Bbls)	450,000	540,000	456,000	1,446,000
Average price (\$/Bbl)	\$65.00	\$75.00	\$75.00	\$71.89
Swaps:				
Hedged Volume (Bbls)	1,018,500	1,677,496	25	2,695,996
Average price (\$/Bbl)	\$97.91	\$93.57	\$-	\$95.21
Collars:				
Hedged Volume (Bbls)	320,000	726,000	1,529,500	3,856,500
Average floor price (\$/Bbl)	\$79.38	\$75.45	\$79.18	\$78.77
Average ceiling price (\$/Bbl)	\$121.67	\$129.09	\$104.51	\$106.74
Total Volume w/floor (Bbls)	1,788,500	2,943,496	1,985,500	7,998,496
Wtd. avg floor price (\$/Bbl)	\$85.35	\$84.90	\$78.22	\$82.56

Natural Gas Positions As of August 1, 2013

	2013	2014	2015	Total	
NATURAL GAS ²	Remainder of year				
Puts:					
Hedged Volume (MMBtu)	2,750,000	150	1,-1	2,750,000	
Average price (\$/MMBtu)	\$4.00	\$-	\$-	\$4.00	
Swaps:					
Hedged Volume (MMBtu)	2,386,800	958	0.50	2,386,800	
Average price (\$/MMBtu)	\$4.31	\$- \$-		\$4.31	
Collars:					
Hedged Volume (MMBtu)	8,150,000	18,120,000	15,480,000	41,750,000	
Average floor price (\$/MMBtu)	\$3.35	\$3.38	\$3.00	\$3.23	
Average ceiling price (\$/MMBtu)	\$5.47	\$6.09 \$6.00		\$5.93	
Total Volume w/floor	13,286,800	18,120,000	15,480,000	46,886,800	
Wtd. average floor price ³	\$4.43	\$4.12	\$3.65	\$4.05	

¹ Oil derivatives are settled based on the month's average daily NYMEX price of WTT Light Sweet Crude Oil; prices include basis swaps.
2 Natural gas derivatives are settled based on NYMEX gas futures, the Northern Natural Gas Co. demoration price, the Ponhandle Eastern Pipe Line, Oklahama ANR or the West Texas WAHA spot price of natural gas for the colciulation period. The basis swap derivatives are settled based on the differential between the NYMEX gas futures and the West Texas WAHA index gas price.
3 S/NAC is converted based upon Company average BTU content of 1.2175, prices include basis swaps

Guidance

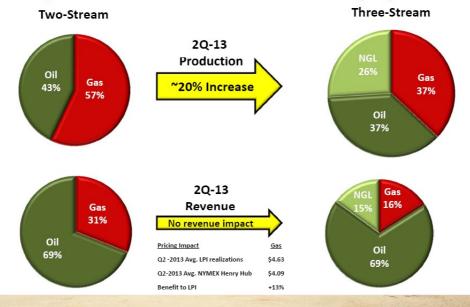
4Q-2013
2.5 – 2.7
2.5 – 2.7
~60%
90% - 95%
135% - 145%
\$8.25 - \$8.75
7.25%
\$7.25 - \$7.75
\$ 22.00 - \$22.50

Appendix

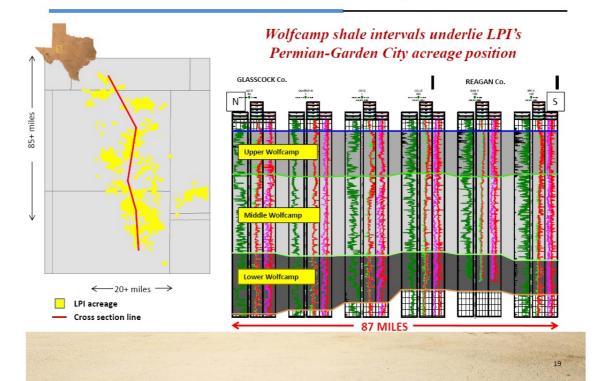


Two-Stream vs. Three-Stream

Laredo reports on a two-stream basis to match its ownership in production

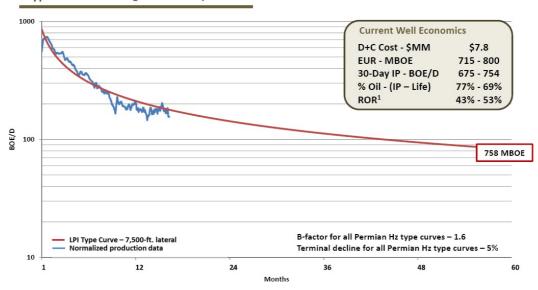


Permian-Garden City: Regional Wolfcamp Cross Section



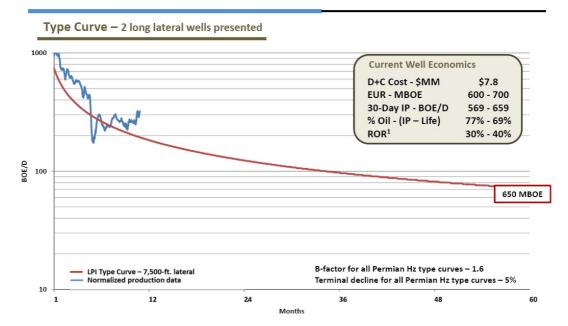
Upper Wolfcamp Type Curve

Type Curve - 23 long lateral wells presented



1 ROR assumes flat \$3.75 natural gas and \$85 crude oil pricing

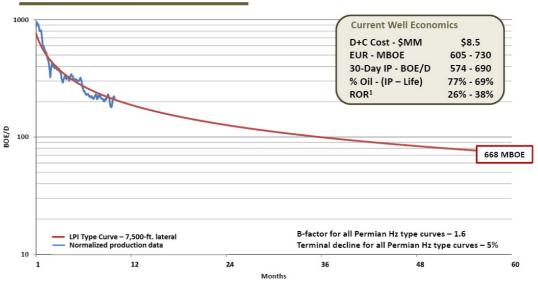
Middle Wolfcamp Type Curve



1 ROR assumes flat \$3.75 natural gas and \$85 crude oil pricing

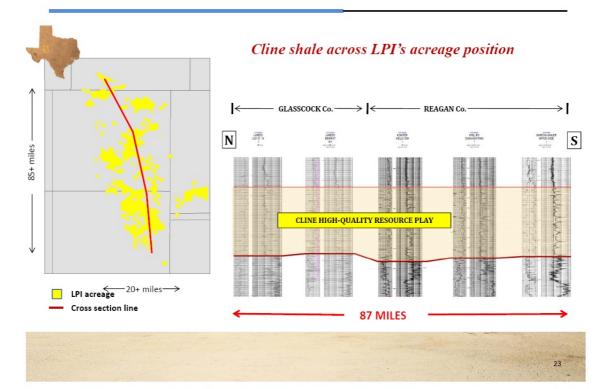
Lower Wolfcamp Type Curve



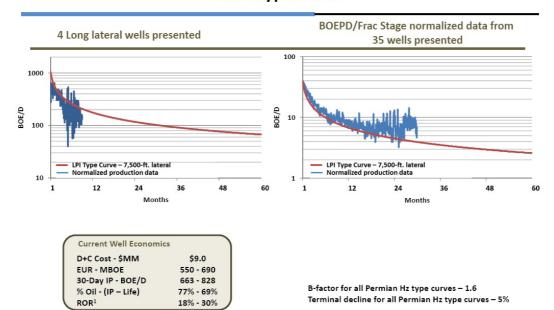


¹ ROR assumes flat \$3.75 natural gas and \$85 crude oil pricing

Permian Basin-Garden City: Regional Cline Cross Section



Cline Type Curve



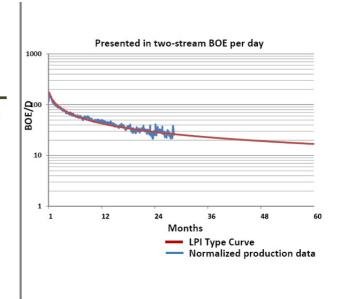
¹ ROR assumes flat \$3.75 natural gas and \$85 crude oil pricing

Permian: Vertical Wolfberry

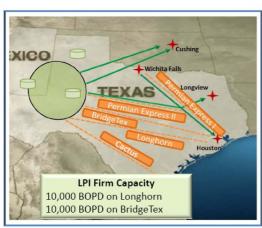


Deep Vertical Wolfberry

- Vertical Wolfberry type curve shown in red
- Normalized production data for 300+ deep vertical Wolfberry wells shown
- · Working to drive down costs



Permian Oil Take-away Capacity

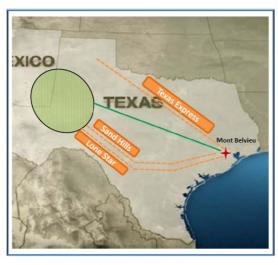


	Existing Refinery
_	Existing Pipelines
	New Pipelines and Additions

		Completion
	Capacity	Date
Existing Take-away	MBOPD	
Total Refineries	410	
Total Oil Pipelines	880	
Total Existing Capacity	1,290	
Expansion Capacity		
Longhorn Reversal (Phase I) ¹	75	1Q-13
Permian Express I	90	2Q-13
Longhorn Reversal (Phase II)	150	2Q-13
Permian Express I (expansion)	60	4Q-13
BridgeTex Crude Oil Pipeline	278	Mid 2014
Permian Express II	200	1Q-15
Cactus Pipeline	200	1Q-15
Total Expansion Capacity	1,053	
Total Future Capacity		
Total Take-away Canacity by 10-15	2 343	

¹ As of May 1, 2013 Laredo has begun selling crude oil on Longhorn. Initial 10,000 BOPD commitment will be reached in 2H 2013 when Longhorn reaches full capacity

Permian NGL and Gas Take-away Capacity



NGL Existing Take-away ¹	Capacity MBPD
NGL Pipelines	600
Permian Fractionation	135
Total Existing Capacity	735

Expansion Capacity	Planned Completion	Capacity MBPD	
Lone Star ²	1Q-13	100	
Texas Express ³	2Q-13	50	
Sand Hills ²	3Q-13	100	
Total Expansion Capacity		250	

Total NGL Take-away Capacity by 3Q-2013	985
Residue Gas	Capacity BCF/D
Total Existing Capacity	9.0
Estimated 2013 Production	5.0

Existing Pipelines

New Pipelines and Additions

Total Current Excess Gas Capacity

Historical Financial & Operating Data

\$ millions, except per unit data

	2010	2011	2012	Q3 2012	Q4 2012	Q1 2013	Q2 2013
Key data:							
Realized oil price (\$/Bbl) ¹	\$77.26	\$88.62	\$86.69	\$86.58	\$81.00	\$83.03	\$89.80
Realized natural gas price (\$/Mcf) ¹	\$6.32	\$6.67	\$5.02	\$4.82	\$4.68	\$4.83	\$4.64
Average daily production (Boe/D)	14,278	23,709	30,874	30,835	33,261	34,722	35,494
Adjusted EBITDA ²	\$194.5	\$388.4	\$452.6	\$110.8	\$113.9	\$117.0	\$130.0
Capital expenditures	(\$460.6)	(\$706.8)	(\$940.8)	(\$251.0)	(\$203.9)	(\$198.4)	(\$194.6)
Per unit metrics (\$/Boe):							
Lease operating expenses	\$4.16	\$5.00	\$5.96	\$5.84	\$6.57	\$7.18	\$6.87
Production & ad valorem taxes	\$3.01	\$3.70	\$3.33	\$4.26	\$3.04	\$3.66	\$3.01
Depreciation, depletion and amortization	\$18.69	\$20.38	\$21.56	\$22.53	\$22.06	\$20.64	\$20.51
General & administrative	\$5.93	\$5.90	\$5.50	\$5.01	\$5.21	\$5.25	\$6.35

¹ Prices include realized hedge revenue ² See following slide for a reconciliation of Adjusted EBITDA

Adjusted EBITDA Reconciliation

(\$ thousands, unaudited)

								Pro-forma1
	2010	2011	2012	Q3 2012	Q4 2012	Q1 2013	Q2 2013	Q2 2013
Net income (loss)	86,248	105,554	61,654	(7,384)	11,828	1,409	35,812	32,716
Plus:								
Interest expense	18,482	50,580	85,572	24,423	24,791	25,349	25,943	24,380
Depreciation, depletion & amortization	97,411	176,366	243,649	63,925	67,504	65,130	66,234	47,273
Impairment of long-lived assets	-	243	0	-	-	-	-	-
Write-off of deferred loan costs	-	6,195	0	-	-		-	_
Loss on disposal of assets	30	40	52	1	43	0.00	59	59
Unrealized losses (gains) on derivative financial instruments	11,648	(20,890)	16,522	31,150	2,301	20,536	(22,985)	(22,985)
Realized losses (gains) on interest rate derivatives	5,238	4,873	2,115	84	93	101	105	105
Non-cash equity-based compensation	1,257	6,111	10,056	2,767	2,454	3,217	4,463	4,463
Income tax expense (benefit)	(25,812)	59,374	32,949	(4,154)	4,922	1,263	20,338	18,598
Adjusted EBITDA	\$194,502	\$388,446	\$452,569	\$110,812	\$113,936	\$117,005	\$129,969	\$104,609

¹Pro forma represents sale of Anadarko Basin assets



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