FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL									
OMB Number:	3235-0287								
Estimated average burden									
hours per response:	0.5								

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Billy Zane	st) (Middle)								Symbol						g Person(s) to	Issuer			
(Fir	st) (Middle)					2. Issuer Name and Ticker or Trading Symbol <u>Laredo Petroleum Holdings, Inc.</u> [LPI]								5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
`	,	Middle)											X	Direc	ctor	10%	Owner			
		(Last) (First) (Middle) 15 W. SIXTH STREET, SUITE 1800							3. Date of Earliest Transaction (Month/Day/Year) 11/28/2012								r (specify v)			
				4 If	4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Individual or Joint/Group Filing (Check Applicable							
(Street) TULSA OK 74119					4. II Ameridment, Date of Original Filed (Month/Day/Year)									X Form filed by One Reporting Person						
(State) (Zip)		Zip)														e than One Re	porting			
	Tabl	e I - No	on-Deriv	ative	Sec	uritie	s Ac	quired	l, Dis	sposed o	f, or E	enefic	cially	Owne	ed					
Date							Execution Date,			Transaction Disposed Of (D) (Instr. 3, 4 a				and 5) Securities Beneficially Owned Following		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)			
									v	Amount	(A) o (D)	Price	•	Transa	action(s)		(111501.4)			
Stock		2012	012		A		528(1)	A	\$18	3.92 ⁽¹⁾	92 ⁽¹⁾ 76,7		D							
	Та	ble II -								•			-	vned						
2. Conversion or Exercise Price of Derivative Security		Execution Date, if any		Transaction Code (Instr.		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		Expirati (Month)	ion Da	te ear)	Amoun or Numbe		Derir Secu (Inst	vative urity	derivative Securities Beneficially Owned Following Reported	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)			
5	(Statement of the content of the con	(State) (Table curity (Instr. 3) tock Ta 2. Conversion or Exercise Price of Derivative (Month/Day/Year)	(State) (Zip) Table I - Note tock Table II - Conversion Date (Month/Day/Year) Z. Conversion Carcacter (Month/Day/Year) Table II - Conversion Date (Month/Day/Year) Table II - Conversion (Month/Day/Year)	Table I - Non-Deriv curity (Instr. 3) tock Table II - Derivat (e.g., pt Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. A. Deemed Execution Date, if any (Month/Day/Year)	Table I - Non-Derivative curity (Instr. 3) 2. Transaction Date (Month/Day/Year) tock 11/28/2012 Table II - Derivative S (e.g., puts, c 2. Conversion or Exercise Porice of Derivative Porivative Porivative Porivative S (Month/Day/Year) 2. Table II - Derivative S (e.g., puts, c 2. (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 4. Transa Code (Month/Day/Year) (Month/Day/Year)	Table I - Non-Derivative Sec curity (Instr. 3) 2. 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Explanation of Responses:

1. These restricted shares are granted under the Issuer's 2011 Omnibus Equity Incentive Plan in lieu of cash payments for director fees at the election of the director.

/s/ Kenneth E. Dornblaser, as attorney-in-fact for Bill Z.

12/13/2012

<u>Parker</u>

** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- * If the form is filed by more than one reporting person, see Instruction 4 (b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.