FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL								
OMB Number:	3235-0287							
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0.5

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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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

						٠,													
1. Name and Address of Reporting Person*					2. Issuer Name and Ticker or Trading Symbol Laredo Petroleum Holdings, Inc. [LPI]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable)							
Foutch Randy A						200 1 01101			<u> </u>) <u> </u>			2	X Direc	ctor	10% Owner		Owner	
-		\vdash									v Offic	е	Other (specify						
(Last)	(Fi		3. Date of Earliest Transaction (Month/Day/Year) 07/25/2012								below) below)								
15 W. SIXTH STREET, SUITE 1800						3/2012							Chairman and CEO						
•																			
(Street)					4. If A	4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Individual or Joint/Group Filing (Check Applicable Line)					
TULSA	OI	7	74119										l	•	a filed by O	ne Reporti	na Bore	con	
TOLOTT	O1		74115										4		-	-	-		
(0:1.)	(0)		·-· \										Form filed by More than One Reporting Person						
(City)	(St	ate) (Zip)																
		Tabl	le I - No	on-Deriv	ative \$	Securities A	Acquir	ed,	, Dis	posed of	f, or Be	nefi	ciall	y Owne	ed				
1. Title of Security (Instr. 3) 2. Transaction 2A. Deemed 3.										4. Securities Acquired (A) o				5. Amou	6. Ownership		7. Nature of		
Date (Month/Day						Execution Date if any		Transaction Code (Instr. 8)		Disposed O 5)	f (D) (Inst	(D) (Instr. 3, 4 a			curities neficially	Form: Direct (D) or Indirect		Indirect Beneficial	
						(Month/Day/Ye	ar) 8)							Owned F	l Following	(l) (Instr. 4)		Ownership (Instr. 4)	
				Cod	e	v	Amount	(A) or (D)	Pric	e:e	Transaction(s) (Instr. 3 and 4)				(11341.4)				
Common	Stock			07/25/	2012		G		V	45,148	D	(1)	557	,957	D			
Common Stock 07/									A							By Foutch			
		07/25/2	2012		G		V	11,287		(2)		100,037		I	- 1	Family			
																	- [:	Γrust A ⁽³⁾	
							\neg	┪				1						Dry Fourtals	
Common Stock		07/25/	07/25/2012		G			11,287	١,	(2)		100,037		I		By Foutch Family			
Common Stock 07/25			0//25/	2012		١٠		V	11,20/	A	1 `	-)	100	,037	1		Family Frust B ⁽³⁾		
								_										ITUST D(*)	
																		By Foutch	
Common Stock 07/25			07/25/	2012		G		V	11,287	A		2)	100,037		I	[]	Family		
																1	Trust C ⁽³⁾		
								┪										By Foutch	
Common Stock 07/25/20			2012		G		V	11,287	A	1 (2)	100	,037	I		Family			
Common Stock 07723/20				-012		"		,	11,207	'			100	,037	•		Frust D ⁽³⁾		
				-	4			+	₩					-					
Common Stock													5	00	I		Ву		
																•		Daughter ⁽³⁾	
																		By Lariat	
Common Stock												529,989		I		Ranch			
																		LLC ⁽³⁾	
		Та	able II -			curities Ac								Owned					
				(e.g., pu	ıts, ca	lls, warran	s, opt	or	1S, C	onvertibl	e secu	ritie	s) 						
1. Title of Derivative	2. 3. Transaction 3A. Deen Conversion Date Executio				4. Transas	5. Number		6. Date Exercisable and Expiration Date			7. Title and		8. Price of Derivative		9. Number			11. Nature of Indirect	
Security	Conversion or Exercise	Date (Month/Day/Year)	if any	· 1	Transact Code (In	str. Derivativ	e (Mon		Day/Y		Amount of Securities Underlying Derivative		Sec	ecurity	derivative Securities	Forn	Ownership Form:	Beneficial Ownership t (Instr. 4)	
(Instr. 3)	Price of Derivative		(Month/I	Day/Year)	8)	Securitie Acquired								nstr. 5)	r. 5) Beneficia Owned		t (D) direct		
	Security					(A) or					Security		3		Following		str. 4)		
						Disposed of (D)					and 4)				Reported Transaction	n(s)			
						(Instr. 3, 4 and 5)	۱								(Instr. 4)				

Explanation of Responses:

- 1. No consideration received.
- 2. No consideration given.
- 3. By reason of the provisions of Rule 16a-1 of the Securities Exchange Act of 1934, as amended (the "Exchange Act"), Mr. Foutch may be deemed to be a beneficial owner of the 400,148 shares of common stock of the Issuer held by the Foutch Family Trusts, the 500 shares of common stock of the Issuer held by his daughter and the 529,989 shares of common stock held by Lariat Ranch LLC. Pursuant to Rule 16a-1(a)(4) of the Exchange Act, Mr. Foutch herein states that this Form 4 shall not be deemed an admission that he is the beneficial owner of such shares of common stock. Mr. Foutch disclaims beneficial ownership of the common stock of the Issuer, except to the extent that he has a pecuniary interest in such shares of common stock.

(A) (D)

Date Exercisable Expiration

Date

/s/ Kenneth E. Dornblaser, as attorney-in-fact for Randy A. Foutch

07/26/2012

** Signature of Reporting Person

Amount or Number

of Shares

Title

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).

Code

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.