## FORM 4

# UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL
OMB Number: 3235-0287
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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).

#### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

(Print or Ty	pe Response	s)											1				
1. Name and Address of Reporting Person* FAWTHROP ANDREW LAWRENCE				E	2. Issuer Name and Ticker or Trading Symbol VAALCO ENERGY INC /DE/ [EGY]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  X Director 10% Owner					
9800 RICHMOND AVE., SUITE 700					3. Date of Earliest Transaction (Month/Day/Year) 06/02/2022							Office	er (give title belo	ow)(	Other (specify b	elow)	
(Street) HOUSTON, TX 77042				4	4. If Amendment, Date Original Filed(Month/Day/Year)							6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting PersonForm filed by More than One Reporting Person					
	(City) (State) (Zip)				Table I - Non-Derivative Securities Acqu							ired, Disposed of, or Beneficially Owned					
(Instr. 3) Date			/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)		f Coo (Ins	(Instr. 8)		4. Securities Acqu (A) or Disposed of (Instr. 3, 4 and 5)		of (D)	Beneficia Reported	ant of Securities ally Owned Following d Transaction(s)		6. Ownership Form:	Beneficial	
							ode	V	moun	(A) or (D)	Price	(Instr. 3 a	nd 4)		Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)	
Common	Stock		06/02/2	2022				A	1	0,229	9 A	\$ 0	342,788	}		D	
			ŗ	Table II - Do				equire	the for	m dis	splays a of, or Ber	curre eficial	ntly valid	OMB con	spond unle trol number		
Security	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Ye	3A. Deemed Execution Date (Year) any	. Deemed ecution Date	4. Transaction Code Year) (Instr. 8)		5.		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. T Am Und Sec	Title and ount of derlying urities tr. 3 and	Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s (Instr. 4)	Ownersl Form of Derivati Security Direct (l or Indire	Beneficia Ownershi (Instr. 4)	
					Cod	le V	(A)	(D)	Date Exercis		Expiratio Date	n Title	Amount or Number of Shares				

#### **Reporting Owners**

	Relationships					
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
FAWTHROP ANDREW LAWRENCE 9800 RICHMOND AVE. SUITE 700 HOUSTON, TX 77042	X					

#### **Signatures**

/s/Andrew Fawthrop by Michael G. Silver as Attorney-in	n-Fact	06/06/2022
**Signature of Reporting Person		Date

### **Explanation of Responses:**

- \* 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).
- Represents shares of restricted stock of VAALCO Energy, Inc. (the "Issuer") granted to the reporting person on June 2, 2022 (the "Grant Date"). All of the shares vest on the earlier of (i) the first anniversary of the Grant Date or (ii) the first annual meeting of stockholders of the Issuer following the Grant Date (but, in either case, not less than fifty (50) weeks following the Grant Date); provided, that the reporting person is then, and continuously from the Grant Date has been, an outside director of the Issuer and has not been terminated from service from the Issuer's board of directors on such vesting date.

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

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