Foutch Randy A Form 4 May 31, 2012

FORM 4

Check this box

if no longer

Section 16.

Form 4 or

obligations

may continue.

Form 5

subject to

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

See Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading Foutch Randy A Issuer Symbol Laredo Petroleum Holdings, Inc. (Check all applicable) [LPI] _X_ Director 3. Date of Earliest Transaction (Last) (First) (Middle) 10% Owner X_ Officer (give title Other (specify (Month/Day/Year) below) 15 W. SIXTH STREET, SUITE 05/30/2012 Chairman and CEO 1800 (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting **TULSA, OK 74119**

(City)	(State)	Zip) Table	e I - No	n-De	erivative S	ecurit	ies Acq	quired, Disposed o	of, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3.		4. Securities Acquired on(A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common			Code	V	Amount	or (D)	Price	Transaction(s) (Instr. 3 and 4)			
Common Stock	05/30/2012		G	V	80,000	D	<u>(1)</u>	1,101,061	D		
Common Stock	05/30/2012		G	V	20,000	A	(2)	88,750	I	By Foutch Family Trust A (3)	
Common Stock	05/30/2012		G	V	20,000	A	<u>(2)</u>	88,750	I	By Foutch Family Trust B (3)	
Common Stock	05/30/2012		G	V	20,000	A	<u>(2)</u>	88,750	I	By Foutch Family	

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January 31,

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									Trust C (3)
Common Stock	05/30/2012	G	V	20,000	A	<u>(2)</u>	88,750	I	By Foutch Family Trust D (3)
Common Stock							500	I	By Daughter (3)
Common Stock							32,033	I	By Lariat Ranch LLC (3)

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

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SEC 1474 (9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date		4. T	5.	6. Date Exerc		7. Title		8. Price of	9. Nu
Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Security	(Month/Day/Year)	Execution Date, if any (Month/Day/Year)	Transacti Code (Instr. 8)	ofNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)			Amour Under Securi (Instr.	lying	Derivative Security (Instr. 5)	Deriv Secur Bene Own Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Foutch Randy A							
15 W. SIXTH STREET	X		Chairman and CEO				
SUITE 1800	Λ		Chairman and CEO				
TULSA, OK 74119							

Reporting Owners 2

Signatures

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

05/31/2012

**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).
- (1) No consideration received.
- (2) No consideration given.
 - 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 355,000 shares of common stock of the Issuer held by the Foutch Family Trusts, the 500 shares of
- (3) common stock of the Issuer held by his daughter and the 32,033 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.

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.

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