FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL								
OMB Number:	3235-0287							
Estimated average burden								
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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

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

1. Name ar	Kos	Issuer Name and Ticker or Trading Symbol Kosmos Energy Ltd. [KOS] Date of Earliest Transaction (Month/Day/Year)									neck all ap Dire	plicable) ctor		Person(s) to Issuer					
(Last)	(Fire	st) (N	/liddle))		04/16/2014									belo	,	below)		` '
C/O KOS											Executive VP and CFO								
8176 PA	4. If A	4. If Amendment, Date of Original Filed (Month/Day/Year)									6. Individual or Joint/Group Filing (Check Applicable Line)								
(Street)												X Form filed by One Reporting Person							
DALLAS TX 75231															Form filed by More than One Reporting Person				
(City)	(Sta	ate) (Z	ľip)																
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																			
1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/*						Execution Date,			Transaction Disposed Code (Instr. and 5)			ties Acquired (A) c I Of (D) (Instr. 3, 4			5. Amo Securi Benefi Owned Follow	ties cially	Forn (D) c	or rect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
						Code	v	Amount	(A) (D)		rice	Report Transa			,	(
Common	14				S ⁽¹⁾		11,201	D \$		511 ⁽²	6,489,246			D					
Common Shares 04/16/20						14			S ⁽³⁾		5,600	D \$		S11 ⁽⁴	1,619,389			I	See footnote ⁽⁵⁾
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)																			
1. Title of Derivative Security (Instr. 3)	Derivative Conversion Date Security or Exercise (Month/Day/Year) if any				4. Transac Code (li 8)		5. Nu of Deriv Secur Acqu (A) or Dispo of (D) (Instr and 5	ative rities ired rosed	6. Date Expirati (Month/	on D	Year) Securities Underlying Derivative Security (In: 3 and 4)		int of ities rlying ative ity (Ins	tr.	8. Price of Derivative Security (Instr. 5)	Beneficia	Owner Form Direct or In (I) (In 4)	Ownership Form: Direct (D) or Indirect (I) (Instr.	11. Nature of Indirect Beneficial Ownership (Instr. 4)
					Code	v	(A)	(D)	Date Exercisa	able	Expiration Date	Title	or Num of Shar	ber					

Explanation of Responses:

- 1. The sales reported in this Form 4 were affected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person.
- 2. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$11.00 to \$11.005, inclusive. The reporting person undertakes to provide to the Issuer, any security holder of the Issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in footnotes 2 and 4 to this Form 4.
- 3. The sales reported in this Form 4 were affected pursuant to a Rule 10b5-1 trading plan adopted by 2008 Carnegie, Ltd.
- 4. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$11.00 to \$11.005, inclusive.
- 5. These shares are directly owned by 2008 Carnegie, Ltd., an entity controlled by the reporting person. The reporting person disclaims beneficial ownership of these shares except to the extent of his pecuniary interest therein.

Remarks:

/s/ Phillip Feiner, as Attorneyin-Fact
** Signature of Reporting Person

04/16/2014

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.