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 5. Relationship of Reporting Person(s) to Issuer 2. Issuer Name and Ticker or Trading Symbol 1. Name and Address of Reporting Person (Check all applicable) MRC GLOBAL INC. [MRC] Youngblood Kelly Director 10% Owner Officer (give title Other (specify below) 3. Date of Earliest Transaction (Month/Day/Year) below) (First) (Middle) (Last) 02/06/2023 See Remarks 1301 MCKINNEY STREET, SUITE 2300 4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Applicable (Street) **HOUSTON** TX 77010 Form filed by One Reporting Person Form filed by More than One Reporting Person (City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 2. Transaction Date 4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 6. Ownership Form: Direct 1. Title of Security (Instr. 3) 2A. Deemed 5. Amount of 7. Nature Execution Date, Securities Transaction of Indirect (Month/Day/Year) Code (Instr. 8) if any Beneficially (D) or Indirect Beneficial Ownership (Instr. 4) (Month/Day/Year (I) (Instr. 4) Reported (A) or (D) Transaction(s) Code ٧ Amount Price (Instr. 3 and 4) 02/06/2023 57.472(1) \$0.00 309,540 D Common Stock

								<u> </u>							
	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)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transa Code (8)		5. Number of		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				

Explanation of Responses:

1. On February 6, 2023, the reporting person received 57,472 Restricted Stock Units (the "February 2023 Grant"). Each Restricted Stock Unit represents a contingent right to receive one share of the issuer's Common Stock. 34% of the February 2023 Grant will vest on February 6, 2024 and 33% of the February 2023 Grant will vest on each of February 6, 2025 and February 6, 2026, each conditioned on the reporting person's continued service with the issuer and subject to accelerated vesting under certain circumstances.

Executive Vice President and Chief Financial Officer

/s/ Ann D. Garnett, by power of attorney

02/08/2023

** 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.