

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES  
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

## 144: Filer Information

Filer CIK 0001816890  
Filer CCC XXXXXXXXX  
Is this a LIVE or TEST Filing?  LIVE  TEST

### Submission Contact Information

Name  
Phone  
E-Mail Address

## 144: Issuer Information

Name of Issuer MRC GLOBAL INC.  
SEC File Number 001-35479  
Address of Issuer FULBRIGHT TOWER  
1301 MCKINNEY STREET, SUITE 2300  
HOUSTON  
TEXAS  
77010  
Phone 877.294.7574  
Name of Person for Whose Account the Securities are To Be Sold Long Rance C

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer Officer

## 144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common	Fidelity Brokerage Services LLC 900 Salem St Smithfield RI 02917	20561	281535.88	85076144	05/14/2024	NYSE

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

## 144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition	Name of Person from	Is this	Date Donor	Amount of Securities	Date of Payment	Nature of Payment *
--------------------	-------------------	-----------------------	---------------------	---------	------------	----------------------	-----------------	---------------------

	Transaction	Whom Acquired	a Gift?	Acquired	Acquired
Common	02/12/2019 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	1655	02/12/2019 Compensation
Common	02/13/2019 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	1295	02/13/2019 Compensation
Common	02/18/2019 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	2962	02/18/2019 Compensation
Common	02/13/2020 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	4997	02/13/2020 Compensation
Common	02/07/2023 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	4476	02/07/2023 Compensation
Common	02/08/2023 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	3443	02/08/2023 Compensation
Common	02/10/2023 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	1733	02/10/2023 Compensation

\* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

## 144: Securities Sold During The Past 3 Months

Nothing to Report

## 144: Remarks and Signature

Remarks

Date of Notice 05/14/2024

**ATTENTION:**

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature /s/ Gerardo Ibarra-Munoz, as a duly authorized representative of Fidelity Brokerage Services LLC, as attorney-in-fact for Rance C. Long

**ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)**