

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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|  |                      |                              |   |  |  |  |  |  |
|--|----------------------|------------------------------|---|--|--|--|--|--|
| 1. Name and Address of Reporting Person*<br><b>Beck, Eileen L.</b> |                      |                              | 2. Issuer Name and Ticker or Trading Symbol<br><b>Glatfelter P H Co [GLT]</b> |  |  | 5. Relationship of Reporting Person(s) to Issuer<br>(Check all applicable)   |  |  |
| (Last)<br><b>96 S. George Street</b>                               | (First)              | (Middle)<br><b>Suite 520</b> | 3. Date of Earliest Transaction (Month/Day/Year)<br><b>12/31/2019</b>         |  |  | <input checked="" type="checkbox"/> Director<br><input checked="" type="checkbox"/> Officer (give title below)<br>10% Owner<br>Other (specify below)<br><b>VP, Global Human Resources</b>                      |  |  |
| (Street)<br><b>York</b>  | (State)<br><b>PA</b> | (Zip)<br><b>17401</b>        | 4. If Amendment, Date of Original Filed (Month/Day/Year)                      |  |  | 6. Individual or Joint/Group Filing (Check Applicable Line)<br><input checked="" type="checkbox"/> Form filed by One Reporting Person<br><input type="checkbox"/> Form filed by More than One Reporting Person |  |  |

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

| 1. Title of Security (Instr. 3) | 2. Transaction Date (Month/Day/Year) | 2A. Deemed Execution Date, if any (Month/Day/Year) | 3. Transaction Code (Instr. 8) |   | 4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) |            |         | 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) | 6. Ownership Form: Direct(D) or Indirect (I) (Instr. 4) | 7. Nature of Indirect Beneficial Ownership (Instr. 4) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|--|------------|---------|---|---|---|
|                                 |                                      |  | Code                           | V | Amount   | (A) or (D) | Price   |   |   |   |
| Common Stock, Par Value \$.01   | 12/31/2019                           |  | A                              |   | 3,400 (1)  | A          | \$18.30 | 6,401   | D   |   |
| Common Stock, Par Value \$.01   | 12/31/2019                           |  | F                              |   | 977 (2)  | D          | \$18.30 | 5,424   | D   |   |
| Common Stock, Par Value \$.01   |                                      |  |                                |   |  |            |         | 405   | I   | Held in 401(K) Plan                                   |

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. Transaction Code (Instr. 8) |   | 5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) |     | 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:

- These shares were received in settlement of a Performance Share Award granted on April 1, 2017.
- These shares are being withheld to satisfy tax obligations.

Laura A. Jones by POA

\*\* Signature of Reporting Person

01/03/2020

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).

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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.**