

1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	Arne Jacobsen				
2	Reason for the notification					
a)	Position/status	CEO in Northern Ocean Ltd.				
b)	Initial Notification / Amendment	Initial				
3	Details of the issuer					
a)	Name	Northern Ocean Ltd.				
b)	LEI	254900S4HDF3MYTDLB73				
4	Details of the transaction:					
a)	Description of the financial instrument, type of instrument Identification code	Ordinary shares				
b)	Nature of the transaction	Acquisition of shares				
c)	Stock option program	Yes				
d)	Price(s) and volume(s)	<table border="1"> <thead> <tr> <th>Price</th> <th>Volume(s)</th> </tr> </thead> <tbody> <tr> <td>NOK 7</td> <td>1,086,050</td> </tr> </tbody> </table>	Price	Volume(s)	NOK 7	1,086,050
Price	Volume(s)					
NOK 7	1,086,050					
e)	Aggregated information — Aggregated volume — Price	<table border="1"> <thead> <tr> <th>Price</th> <th>Volume(s)</th> </tr> </thead> <tbody> <tr> <td>NOK 7,602,350</td> <td>1,086,050</td> </tr> </tbody> </table>	Price	Volume(s)	NOK 7,602,350	1,086,050
Price	Volume(s)					
NOK 7,602,350	1,086,050					
f)	Date of the transaction	2024-11-09				
g)	Place of the transaction	Outside a trading venue				

1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	Jonas Ytreland				
2	Reason for the notification					
a)	Position/status	CFO in Northern Ocean Ltd.				
b)	Initial Notification / Amendment	Initial				
3	Details of the issuer					
a)	Name	Northern Ocean Ltd.				
b)	LEI	254900S4HDF3MYTDLB73				
4	Details of the transaction:					
a)	Description of the financial instrument, type of instrument Identification code	Share options				
b)	Nature of the transaction	Acceptance of options				
c)	Stock option program	Yes				
d)	Price(s) and volume(s)	<table border="1"> <tr> <th>Price</th> <th>Volume(s)</th> </tr> <tr> <td>NOK 0</td> <td>1,000,000</td> </tr> </table>	Price	Volume(s)	NOK 0	1,000,000
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Price	Volume(s)					
NOK 0	1,000,000					
f)	Date of the transaction	2024-11-09				
g)	Place of the transaction	Outside a trading venue				

1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	Vidar Skjelbred				
2	Reason for the notification					
a)	Position/status	COO in Northern Ocean Ltd.				
b)	Initial Notification / Amendment	Initial				
3	Details of the issuer					
a)	Name	Northern Ocean Ltd.				
b)	LEI	254900S4HDF3MYTDLB73				
4	Details of the transaction:					
a)	Description of the financial instrument, type of instrument Identification code	Share options				
b)	Nature of the transaction	Acceptance of options				
c)	Stock option program	Yes				
d)	Price(s) and volume(s)	<table border="1"> <tr> <th>Price</th> <th>Volume(s)</th> </tr> <tr> <td>NOK 0</td> <td>1,000,000</td> </tr> </table>	Price	Volume(s)	NOK 0	1,000,000
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Price	Volume(s)					
NOK 0	1,000,000					
f)	Date of the transaction	2024-11-09				
g)	Place of the transaction	Outside a trading venue				

1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	Eirik Sunde				
2	Reason for the notification					
a)	Position/status	CCO in Northern Ocean Ltd.				
b)	Initial Notification / Amendment	Initial				
3	Details of the issuer					
a)	Name	Northern Ocean Ltd.				
b)	LEI	254900S4HDF3MYTDLB73				
4	Details of the transaction:					
a)	Description of the financial instrument, type of instrument Identification code	Share options				
b)	Nature of the transaction	Acceptance of options				
c)	Stock option program	Yes				
d)	Price(s) and volume(s)	<table border="1"> <tr> <th>Price</th> <th>Volume(s)</th> </tr> <tr> <td>NOK 0</td> <td>1,000,000</td> </tr> </table>	Price	Volume(s)	NOK 0	1,000,000
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Price	Volume(s)					
NOK 0	1,000,000					
f)	Date of the transaction	2024-20-08				
g)	Place of the transaction	Outside a trading venue				