

1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	Hemen Holding Ltd.				
2	Reason for the notification					
a)	Position/status	A company closely associated with 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	Shares in Northern Ocean Ltd., with ISIN BMG6682J1036				
b)	Nature of the transaction	Subscription of shares in private placement				
c)	Price(s) and volume(s)	<table border="1"> <tr> <th>Price</th> <th>Volume(s)</th> </tr> <tr> <td>NOK 7</td> <td>43,109,000</td> </tr> </table>	Price	Volume(s)	NOK 7	43,109,000
Price	Volume(s)					
NOK 7	43,109,000					
d)	Aggregated information — Aggregated volume — Price	<table border="1"> <tr> <th>Price</th> <th>Volume(s)</th> </tr> <tr> <td>NOK 301,763,000</td> <td>43,109,000</td> </tr> </table>	Price	Volume(s)	NOK 301,763,000	43,109,000
Price	Volume(s)					
NOK 301,763,000	43,109,000					
e)	Date of the transaction	2024-06-19				
f)	Place of the transaction	Outside a trading venue				

1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	Mikhael Botbol				
2	Reason for the notification					
a)	Position/status	Board member and primary insider 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	Shares in Northern Ocean Ltd., with ISIN BMG6682J1036				
b)	Nature of the transaction	Subscription of shares in private placement				
c)	Price(s) and volume(s)	<table border="1"> <tr> <th>Price</th> <th>Volume(s)</th> </tr> <tr> <td>NOK 7</td> <td>800,000</td> </tr> </table>	Price	Volume(s)	NOK 7	800,000
Price	Volume(s)					
NOK 7	800,000					
d)	Aggregated information — Aggregated volume — Price	<table border="1"> <tr> <th>Price</th> <th>Volume(s)</th> </tr> <tr> <td>NOK 5,600,000</td> <td>800,000</td> </tr> </table>	Price	Volume(s)	NOK 5,600,000	800,000
Price	Volume(s)					
NOK 5,600,000	800,000					
e)	Date of the transaction	2024-06-19				
f)	Place of the transaction	Outside a trading venue				

1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	Jan Erik Klepsland				
2	Reason for the notification					
a)	Position/status	Board member and primary insider 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:					
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c)	Price(s) and volume(s)	<table border="1"> <tr> <th>Price</th> <th>Volume(s)</th> </tr> <tr> <td>NOK 7</td> <td>40,000</td> </tr> </table>	Price	Volume(s)	NOK 7	40,000
Price	Volume(s)					
NOK 7	40,000					
d)	Aggregated information — Aggregated volume — Price	<table border="1"> <tr> <th>Price</th> <th>Volume(s)</th> </tr> <tr> <td>NOK 280,000</td> <td>40,000</td> </tr> </table>	Price	Volume(s)	NOK 280,000	40,000
Price	Volume(s)					
NOK 280,000	40,000					
e)	Date of the transaction	2024-06-19				
f)	Place of the transaction	Outside a trading venue				

1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	Saturnia Invest AS				
2	Reason for the notification					
a)	Position/status	A company closely associated with Sven Børre Larsen, board member and primary insider 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	Shares in Northern Ocean Ltd., with ISIN BMG6682J1036				
b)	Nature of the transaction	Subscription of shares in private placement				
c)	Price(s) and volume(s)	<table border="1"> <tr> <td>Price</td> <td>Volume(s)</td> </tr> <tr> <td>NOK 7</td> <td>50,000</td> </tr> </table>	Price	Volume(s)	NOK 7	50,000
Price	Volume(s)					
NOK 7	50,000					
d)	Aggregated information — Aggregated volume — Price	<table border="1"> <tr> <td>Price</td> <td>Volume(s)</td> </tr> <tr> <td>NOK 350,000</td> <td>50,000</td> </tr> </table>	Price	Volume(s)	NOK 350,000	50,000
Price	Volume(s)					
NOK 350,000	50,000					
e)	Date of the transaction	2024-06-19				
f)	Place of the transaction	Outside a trading venue				

1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	Olav Sirevaag				
2	Reason for the notification					
a)	Position/status	CAO and primary insider 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	Shares in Northern Ocean Ltd., with ISIN BMG6682J1036				
b)	Nature of the transaction	Subscription of shares in private placement				
c)	Price(s) and volume(s)	<table border="1"> <tr> <th>Price</th> <th>Volume(s)</th> </tr> <tr> <td>NOK 7</td> <td>150,000</td> </tr> </table>	Price	Volume(s)	NOK 7	150,000
Price	Volume(s)					
NOK 7	150,000					
d)	Aggregated information — Aggregated volume — Price	<table border="1"> <tr> <th>Price</th> <th>Volume(s)</th> </tr> <tr> <td>NOK 1,050,000</td> <td>150,000</td> </tr> </table>	Price	Volume(s)	NOK 1,050,000	150,000
Price	Volume(s)					
NOK 1,050,000	150,000					
e)	Date of the transaction	2024-06-19				
f)	Place of the transaction	Outside a trading venue				

1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	Marvisto AS				
2	Reason for the notification					
a)	Position/status	A company closely associated with Vidar Skjelbred, COO and primary insider 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	Shares in Northern Ocean Ltd., with ISIN BMG6682J1036				
b)	Nature of the transaction	Subscription of shares in private placement				
c)	Price(s) and volume(s)	<table border="1"> <tr> <td>Price</td> <td>Volume(s)</td> </tr> <tr> <td>NOK 7</td> <td>100,000</td> </tr> </table>	Price	Volume(s)	NOK 7	100,000
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NOK 7	100,000					
d)	Aggregated information — Aggregated volume — Price	<table border="1"> <tr> <td>Price</td> <td>Volume(s)</td> </tr> <tr> <td>NOK 700,000</td> <td>100,000</td> </tr> </table>	Price	Volume(s)	NOK 700,000	100,000
Price	Volume(s)					
NOK 700,000	100,000					
e)	Date of the transaction	2024-06-19				
f)	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 and primary insider 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	Shares in Northern Ocean Ltd., with ISIN BMG6682J1036				
b)	Nature of the transaction	Subscription of shares in private placement				
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Price	Volume(s)					
NOK 7	150,000					
d)	Aggregated information — Aggregated volume — Price	<table border="1"> <tr> <th>Price</th> <th>Volume(s)</th> </tr> <tr> <td>NOK 1,050,000</td> <td>150,000</td> </tr> </table>	Price	Volume(s)	NOK 1,050,000	150,000
Price	Volume(s)					
NOK 1,050,000	150,000					
e)	Date of the transaction	2024-06-19				
f)	Place of the transaction	Outside a trading venue				