

Notification and public disclosure of transactions by persons discharging managerial responsibilities and persons closely associated with them

1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	<i>John Fredriksen</i>				
2	Reason for the notification					
a)	Position/status	<i>Director of Frontline Ltd.</i>				
b)	Initial notification / Amendment	<i>Initial notification</i>				
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor					
a)	Name	<i>Frontline Ltd.</i>				
b)	LEI	<i>5493004BCIKYU1YL3H63</i>				
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted					
a)	Description of the financial instrument, type of instrument Identification code	<i>Declared Options to acquire shares ISIN: BMG3682E1921</i>				
b)	Nature of the transaction	<i>has on 1. July 2021 declared 198,000 options to acquire 198,000 shares in Frontline Ltd. ("Frontline") as per the terms disclosed on 6 July 2016. The exercise price is \$5.70 per share, after adjusting for dividends.</i>				
c)	Price(s) and volume(s)	<table border="1"> <tr> <td><i>Price(s):</i></td> <td><i>Volume(s):</i></td> </tr> <tr> <td><i>USD 5.70</i></td> <td><i>198,000 shares</i></td> </tr> </table>	<i>Price(s):</i>	<i>Volume(s):</i>	<i>USD 5.70</i>	<i>198,000 shares</i>
<i>Price(s):</i>	<i>Volume(s):</i>					
<i>USD 5.70</i>	<i>198,000 shares</i>					
d)	Aggregated information - Aggregated volume - Price	<i>Aggregate number of shares: 198,000 Price: USD 5.70</i>				
e)	Date of the transaction	<i>2021-07-01</i>				
f)	Place of the transaction	<i>XOSL – Oslo Børs</i>				

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1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	Ola Lorentzon				
2	Reason for the notification					
a)	Position/status	<i>Chairman & Director of Frontline Ltd.</i>				
b)	Initial notification / Amendment	<i>Initial notification</i>				
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor					
a)	Name	<i>Frontline Ltd.</i>				
b)	LEI	<i>5493004BCIKYU1YL3H63</i>				
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted					
a)	Description of the financial instrument, type of instrument Identification code	<i>Declared Options to acquire shares</i> <i>ISIN: BMG3682E1921</i>				
b)	Nature of the transaction	<i>has on 1. July 2021 declared 21,000 options to acquire 21,000 shares in Frontline Ltd. ("Frontline") as per the terms disclosed on 6 July 2016. The exercise price is \$5.70 per share, after adjusting for dividends.</i>				
c)	Price(s) and volume(s)	<table border="1"> <tr> <td><i>Price(s):</i></td> <td><i>Volume(s):</i></td> </tr> <tr> <td><i>USD 5.70</i></td> <td><i>21,000 shares</i></td> </tr> </table>	<i>Price(s):</i>	<i>Volume(s):</i>	<i>USD 5.70</i>	<i>21,000 shares</i>
<i>Price(s):</i>	<i>Volume(s):</i>					
<i>USD 5.70</i>	<i>21,000 shares</i>					
d)	Aggregated information - Aggregated volume - Price	<i>Aggregate number of shares: 21,000</i> <i>Price: USD 5.70</i>				
e)	Date of the transaction	<i>2021-07-01</i>				
f)	Place of the transaction	<i>XOSL – Oslo Børs</i>				

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1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	<i>Inger M. Klemp</i>				
2	Reason for the notification					
a)	Position/status	<i>CFO of Frontline Management AS</i>				
b)	Initial notification / Amendment	<i>Initial notification</i>				
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor					
a)	Name	<i>Frontline Ltd.</i>				
b)	LEI	<i>5493004BCIKYU1YL3H63</i>				
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted					
a)	Description of the financial instrument, type of instrument Identification code	<i>Declared Options to acquire shares</i> <i>ISIN: BMG3682E1921</i>				
b)	Nature of the transaction	<i>has on 1. July 2021 declared 120,000 options to acquire 120,000 shares in Frontline Ltd. ("Frontline") as per the terms disclosed on 6 July 2016. The exercise price is \$5.70 per share, after adjusting for dividends.</i>				
c)	Price(s) and volume(s)	<table border="1"> <tr> <td><i>Price(s):</i></td> <td><i>Volume(s):</i></td> </tr> <tr> <td><i>USD 5.70</i></td> <td><i>120,000 shares</i></td> </tr> </table>	<i>Price(s):</i>	<i>Volume(s):</i>	<i>USD 5.70</i>	<i>120,000 shares</i>
<i>Price(s):</i>	<i>Volume(s):</i>					
<i>USD 5.70</i>	<i>120,000 shares</i>					
d)	Aggregated information - Aggregated volume - Price	<i>Aggregate number of shares: 120,000</i> <i>Price: USD 5.70</i>				
e)	Date of the transaction	<i>2021-07-01</i>				
f)	Place of the transaction	<i>XOSL – Oslo Børs</i>				