	ging manage	erial responsibilities ted with them		FINANSTILSYN THE FINANCIAL SUPERVISORY AUTHORITY OF NORWAY	
The person liable:					
• PDMR	Closely a person)	associated person (natural	y associated person (legal 1)		
Info about the on	ne who reports				
Last name		TRAAHOLT			
First name		KNUT			
Business name					
About PDMR					
Last name		SAKMAR			
First name		SUSAN			
Position / role		Board Member / Director			
		to prior notification			
Initial	O Ame	ndment			
Details about the	issuer or emissio	on allowance market partic	ipant		
Business name		Flex LNG Ltd			
LEI number		21380084THHU3MPC3	< 4 7		

Skjemaversjon: 46345

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KRT-1500 Template for notification of transactions by persons discharging managerial responsibilities (PDMR) and persons closely associated with them

RT-1500 Template for notifica rsons discharging manageria d persons closely associated	l responsibilities (PDMR)	FINANSTILSYNE THE FINANCIAL SUPERVISORY AUTHORITY OF NORWAY	5/17/2023 10:30:38 DM AB552002608
Description of the financial instrument	t/type of instrument		20.38
Instrument	Share		, T
ISIN code	BMG359472021		.000
Name of the financial instrument			E117
Flex LNG Ltd			
Nature of the transaction			
Transaction type	Acquisition		
Share option program			
The transaction is linked to an excersise of	f a share option program	O Yes No	
Currency of the transaction			
Currency	USD		
Price(s) and volume(s)			
Price per unit	30.66		
Volume	1 000		
Aggregated information			
Average price per unit	30.66000		
Aggregated volume	1 000		
Total amount	30 660.000000		
Date of the transaction			
Date	5/16/2023		
Place of the transaction			
Trading venue	Other trading venue		
Other trading venue	NYSE - New York Stock Exchange		
Market Identifier Code (MIC)	XNYS		

Description of the financial instrument/type of instrument								
Instrument	Share							
ISIN code	BMG359472021							
Name of the financial instrument								
Flex LNG Ltd								
Nature of the transaction								
Transaction type	Acquisition							
Share option program								
The transaction is linked to an excersise of	a share option program	O Yes	No					
		Ŭ	Ŭ					
Currency of the transaction								
Currency	USD							
Price(s) and volume(s)								
Price per unit	30.5							
Volume	3 000							
Aggregated information								
Average price per unit	30.50000							
Aggregated volume	3 000							
Total amount	91 500.000000							
	91 300.000000							
Date of the transaction	9							
Date	5/17/2023							
Place of the transaction								
Trading venue	Other trading venue							
Other trading venue	NYSE - New York Stock Exchange							
Market Identifier Code (MIC)	XNYS							

Comment

The reporting relates to purchase of Flex LNG Ltd' s shares listed on NYSE

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