

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	Ola Lorentzon	
2	Reason for the notification		
a)	Position/status	Chairman of Frontline Ltd.	
b)	Initial notification / Amendment	Initial notification	
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor		
a)	Name	Frontline Ltd.	
b)	LEI	5493004BCIKYU1YL3H63	
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	Synthetic options giving a right to cash settlements depending on the development of the company's share price. ISIN: BMG3682E1921	
b)	Nature of the transaction	Ola Lorentzon has on December 7 th , 2021, been granted 160,000 synthetic options in Frontline Ltd. (the " Company ") approved by the Board of Directors of the Company on [●] December 2021.	
c)	Price(s) and volume(s)	Price:	
		Volume:	
		NOK 0	160,000 synthetic options
d)	Aggregated information - Aggregated volume - Price	160,000 synthetic options NOK 0	
e)	Date of the transaction	2021-12-07; [UTC time]	
f)	Place of the transaction	Off market	

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	John Fredriksen	
2	Reason for the notification		
a)	Position/status	Director of Frontline Ltd.	
b)	Initial notification / Amendment	Initial notification	
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor		
a)	Name	Frontline Ltd.	
b)	LEI	5493004BCIKYU1YL3H63	
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	Synthetic options giving a right to cash settlements depending on the development of the company's share price. ISIN: BMG3682E1921	
b)	Nature of the transaction	John Fredriksen has on December 7 th , 2021, been granted 80,000 synthetic options in Frontline Ltd. (the " Company ") approved by the Board of Directors of the Company on [●] December 2021.	
c)	Price(s) and volume(s)	Price:	
		Volume:	
		NOK 0	80,000 synthetic options
d)	Aggregated information - Aggregated volume - Price	80,000 synthetic options NOK 0	
e)	Date of the transaction	2021-12-07; [UTC time]	
f)	Place of the transaction	Off market	

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	Tor Svelland	
2	Reason for the notification		
a)	Position/status	Director of Frontline Ltd.	
b)	Initial notification / Amendment	Initial notification	
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor		
a)	Name	Frontline Ltd.	
b)	LEI	5493004BCIKYU1YL3H63	
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	Synthetic options giving a right to cash settlements depending on the development of the company's share price. ISIN: BMG3682E1921	
b)	Nature of the transaction	Tor Svelland has on December 7 th , 2021, been granted 80,000 synthetic options in Frontline Ltd. (the " Company ") approved by the Board of Directors of the Company on [●] December 2021.	
c)	Price(s) and volume(s)	Price:	Volume:
		NOK 0	80,000 synthetic options
d)	Aggregated information - Aggregated volume - Price	80,000 synthetic options NOK 0	
e)	Date of the transaction	2021-12-07; [UTC time]	
f)	Place of the transaction	Off market	

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	James O'Shaughnessy	
2	Reason for the notification		
a)	Position/status	Director of Frontline Ltd.	
b)	Initial notification / Amendment	Initial notification	
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor		
a)	Name	Frontline Ltd.	
b)	LEI	5493004BCIKYU1YL3H63	
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	Synthetic options giving a right to cash settlements depending on the development of the company's share price. ISIN: BMG3682E1921	
b)	Nature of the transaction	James O'Shaughnessy has on December 7 th , 2021, been granted 80,000 synthetic options in Frontline Ltd. (the " Company ") approved by the Board of Directors of the Company on [●] December 2021.	
c)	Price(s) and volume(s)	Price:	Volume:
		NOK 0	80,000 synthetic options
d)	Aggregated information - Aggregated volume - Price	80,000 synthetic options NOK 0	
e)	Date of the transaction	2021-12-07; [UTC time]	
f)	Place of the transaction	Off market	

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	Lars H. Barstad	
2	Reason for the notification		
a)	Position/status	CEO of Frontline Management AS	
b)	Initial notification / Amendment	Initial notification	
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor		
a)	Name	Frontline Ltd.	
b)	LEI	5493004BCIKYU1YL3H63	
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	Synthetic options giving a right to cash settlements depending on the development of the company's share price ISIN: BMG3682E1921	
b)	Nature of the transaction	Lars H. Barstad has on December 7 th , 2021, been granted 400,000 synthetic options in Frontline Ltd. (the " Company ") approved by the Board of Directors of the Company on [●] December 2021.	
c)	Price(s) and volume(s)	Price:	Volume:
		NOK 0	400,000 synthetic options
d)	Aggregated information - Aggregated volume - Price	400,000 synthetic options NOK 0	
e)	Date of the transaction	2021-12-07; [UTC time]	
f)	Place of the transaction	Off market	

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	Inger M. Klemp	
2	Reason for the notification		
a)	Position/status	CFO of Frontline Management AS	
b)	Initial notification / Amendment	Initial notification	
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor		
a)	Name	Frontline Ltd.	
b)	LEI	5493004BCIKYU1YL3H63	
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	Synthetic options giving a right to cash settlements depending on the development of the company's share price. ISIN: BMG3682E1921	
b)	Nature of the transaction	Inger M. Klemp has on December 7 th , 2021, been granted 200,000 synthetic options in Frontline Ltd. (the " Company ") approved by the Board of Directors of the Company on [●] December 2021.	
c)	Price(s) and volume(s)	Price:	
		NOK 0	Volume: 200,000 synthetic options
d)	Aggregated information		
	- Aggregated volume - Price	200,000 synthetic options NOK 0	
e)	Date of the transaction	2021-12-07; [UTC time]	
f)	Place of the transaction	Off market	