



TSAKOS ENERGY NAVIGATION LIMITED

(TEN)

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Press Release
April 30, 2018

TEN, LTD. Announces Availability of Form 20-F for the Year Ended December 31, 2017

ATHENS, GREECE – April, 30, 2018 - TEN, Ltd. (“TEN” or the “Company”) (NYSE:TNP) today announced that its Annual Report on Form 20-F for the year ended December 31, 2017 has been filed with the Securities and Exchange Commission and can be accessed on the Company's website.

Shareholders may also request a hard copy of the complete audited financial statements, free of charge, by clicking on the annual report prompt under the Contact Us section of the Company's website, <http://www.tenn.gr>.

Alternatively, shareholders may request a hard copy of the complete audited financial statements, free of charge, by contacting the Company's Investor Relations Advisor at:

Capital Link Inc.
230 Park Avenue, Suite 1536
New York, NY 10169 USA
Tel: (+) 1 212 661 7566
ten@capitallink.com

The Annual Report, other reports and other information regarding the Company are also available without charge at a website maintained by the U.S. Securities and Exchange Commission at <http://www.sec.gov>.

ABOUT TSAKOS ENERGY NAVIGATION

TEN, founded in 1993, is one of the first and most established public shipping companies in the world today. TEN's fleet consists of 64 double-hull vessels, constituting a mix of crude tankers, product tankers and LNG carriers, totalling 6.9 million dwt. Of these, 46 vessels trade in crude, 13 in products, three are shuttle tankers and two are LNG carriers.

Visit our company website at: <http://www.tenn.gr>

COMPANY'S GROWTH TIME-TABLE

#	Vessel Name	Type	Dwt	Delivery	Status	LT Contracts
1	Ulysses	VLCC	300,000	May 2016	Delivered	Yes
2	Elias Tsakos	Aframax	112,700	June 2016	Delivered	Yes
3	Thomas Zafiras	Aframax	112,700	Aug 2016	Delivered	Yes
4	Leontios H	Aframax	112,700	Oct 2016	Delivered	Yes
5	Parthenon TS	Aframax	112,700	Nov 2016	Delivered	Yes
6	Sunray	Panamax LR1	74,200	Aug 2016	Delivered	Yes
7	Sunrise	Panamax LR1	74,200	Sep 2016	Delivered	Yes
8	Maria Energy	LNG	93,616	Oct 2016	Delivered	Yes
9	Hercules I	VLCC	300,000	Jan 2017	Delivered	Yes
10	Marathon TS	Aframax	112,700	Feb 2017	Delivered	Yes
11	Lisboa	DP2 Shuttle	157,000	Mar 2017	Delivered	Yes
12	Sola TS	Aframax	112,700	Apr 2017	Delivered	Yes
13	Oslo TS	Aframax	112,700	May 2017	Delivered	Yes
14	Stavanger TS	Aframax	112,700	July 2017	Delivered	Yes
15	Bergen TS	Aframax	112,700	Oct 2017	Delivered	Yes

LT: Long-Term

ABOUT FORWARD-LOOKING STATEMENTS

Except for the historical information contained herein, the matters discussed in this press release are forward-looking statements that involve risks and uncertainties that could cause actual results to differ materially from those predicted by such forward-looking statements. TEN undertakes no obligation to publicly update any forward-looking statement, whether as a result of new information, future events, or otherwise.

For further information please contact:

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Investor Relations / Media

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