



## **TEN, Ltd.**

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Press Release  
April 29, 2022

### **TEN LTD. ANNOUNCES THE FILING OF FORM 20-F WITH THE SEC**

**Athens, Greece – April 29, 2022-** TEN, Ltd. (TEN) (NYSE: TNP) (the “Company”) announced today that its Annual Report on Form 20-F for the year ended December 31, 2021, has been filed with the U.S. Securities and Exchange Commission (“SEC”) and can be accessed on our website, [www.tenn.gr](http://www.tenn.gr).

Alternatively, shareholders may also receive a hard copy of the annual report, free of charge, by contacting us using the contact details provided at the end of this press release.

#### **ABOUT TSAKOS ENERGY NAVIGATION**

TEN, founded in 1993 and celebrating this year 29 years as a public Company, is one of the first and most established public shipping companies in the world. TEN’s diversified energy fleet currently consists of 70 double-hull vessels including one suezmax DP2 shuttle tanker and four dual-fuel LNG powered aframax vessels under construction, constituting a mix of crude tankers, product tankers and LNG carriers, totaling 7.9 million dwt.

#### **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.

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