



TEN, Ltd.

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Press Release
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DR. NIKOLAS TSAKOS, FOUNDER & CEO OF TEN LTD. INTERVIEW ON FOX BUSINESS NETWORK – FRIDAY, MAY 17, 2024

Athens, Greece – May 16, 2024 - TEN, Ltd. (TEN) (NYSE: TNP) (the “Company”) announced today that the Founder and CEO, Dr. Nikolas Tsakos, will be interviewed by Ms. Lauren Simonetti on the Claman Countdown program at the Fox Business Network on Friday, May 17, 2024 between 3.15 p.m. and 3.45 p.m. EST.

To watch the interview live please join the Fox Business Network Chanel on cable television.

A replay will be available on the website of Fox Business Network at
<https://www.foxbusiness.com/category/v-latest-clips-claman-countdown>

Following a record performance in 2023, Dr. Tsakos will discuss the global energy and shipping markets along with the recent company developments and strategy. During the live interview, he will also share his sector outlook examining key trends and opportunities that are poised to influence the industry's future.

ABOUT TSAKOS ENERGY NAVIGATION

TEN, founded in 1993, is one of the first and most established public shipping companies in the world. TEN's diversified energy fleet currently consists of 74 double-hull vessels, including four DP2 shuttle tankers, two scrubber-fitted suezmax vessels and two scrubber fitted MR product tankers under construction, constituting a mix of crude tankers, product tankers and LNG carriers, totaling 9.1 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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