TEN, Ltd.
367 Syngrou Avenue, 175 64 P. Faliro, Hellas
Tel: 30210 94 07 710-3, **e-mail:** ten@tenn.gr **Website:** http://www.tenn.gr

Press Release
October 26, 2026

TEN, LTD. ANNOUNCES COMMON SHARES DIVIDEND AND SHARE REPURCHASE AUTHORIZATION

100% increase on first semi-annual common shares dividend

$150 million common and preferred shares repurchase authorization

ATHENS, GREECE - October 26, 2026 – TEN, Ltd. (NYSE: TEN) (the "Company") following the conclusion of the Company's Strategy Meeting, the Company today announced that in January 2027 it will distribute its first semi-annual dividend of $1.00 per share to common shareholders with payment and record dates to be announced in due course.

This represents a 100% increase compared to the 2026 first semi-annual payment.

In addition, TEN announced its authorization to repurchase up to $150 million of common and preferred shares. The timing of any share purchases, the prices and the exact number of shares to be purchased will be dependent on market conditions.

ABOUT TEN LTD.

Founded in Bermuda in 1993 and celebrating 33 years as a public company, 24 of which on the NYSE, TEN is one of the first and most established public shipping companies in the world. TEN's diversified pro-forma energy fleet currently consists of 80 vessels, totaling approx. 10.4 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.

For further information, please contact:

Tsakos Energy Navigation Ltd.
George Saroglou
President & COO
+30210 94 07 710
gsaroglou@tenn.gr

Investor Relations / Media
Capital Link, Inc.
Nicolas Bornozis/ Markella Kara
+212 661 7566
ten@capitallink.com