

**Notification of transactions by persons discharging  
managerial responsibilities and persons closely associated with them**

|          |  |   |
|----------|--|---|
| <b>1</b> | <b>Details of the person discharging managerial responsibilities/person closely associated</b>   |   |
| a)       | Name   | Lars H. Barstad   |
| <b>2</b> | <b>Reason for the notification</b>   |   |
| a)       | Position/status  | CEO of Frontline Management AS  |
| b)       | Initial notification/<br>Amendment   | Initial notification  |
| <b>3</b> | <b>Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor</b>   |   |
| a)       | Name   | Frontline plc   |
| b)       | LEI  | 5493004BCIKYU1YL3H63  |
| <b>4</b> | <b>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</b> |   |
| a)       | Description of the financial instrument, type of instrument<br><br>Identification code   | Synthetic options giving a right to cash settlements depending on the development of the company's share price.<br><br>ISIN: CY0200352116   |
| b)       | Nature of the transaction  | Lars H. Barstad has on June 19 <sup>th</sup> , 2026, exercised 290,000 synthetic options in Frontline plc (the "Company") under its share option scheme approved by the Board of Directors of the Company on December 7, 2021. The exercise price will be NOK 9.6839, adjusted from NOK 76.00 and NOK 81.00 due to dividends paid per share since the options were granted. |
| c)       | Price(s) and volume(s)   | <b>Price(s)</b>   |
|          |  | <b>Volume(s)</b>  |
|          |  | NOK 382.9130  |
|          |  | 290,000 synthetic options   |
| d)       | Aggregated information<br>— Aggregated volume<br>— Price   | 290,000 synthetic options<br><br>NOK 382.9130   |
| e)       | Date of the transaction  | June 19 <sup>th</sup> , 2026  |
| f)       | Place of transaction   | Off market  |