

TEN Ltd. Announces the Filing of Form 20-F With the SEC

ATHENS, Greece, April 15, 2025 (GLOBE NEWSWIRE) — TEN, Ltd. (TEN) (NYSE: TEN) (the “Company”) announced today that its Annual Report on Form 20-F for the fiscal year ended December 31, 2024, has been filed with the U.S. Securities and Exchange Commission (“SEC”) and can be accessed on TEN’s Investor Relations website under the SEC Filings section.

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

ABOUT TSAKOS ENERGY NAVIGATION

TEN, founded in 1993 and celebrating this year 32-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 82 vessels, including twelve DP2 shuttle tankers, two scrubber-fitted suezmax vessels, two scrubber-fitted MR product tankers and five scrubber-fitted LR1 tankers under construction, consisting of a mix of crude tankers, product tankers and LNG carriers, totaling 10.1 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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