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Form 20-F [X] Â 001-16601 Form 40-F [] Â 001-16601 INFORMATION CONTAINED IN THIS FORM 6-K REPORTÂ Attached hereto as Exhibit 1 to this Report on Form 6-K are the Unaudited Condensed Consolidated Interim Financial Statements and related ManagementÂ Discussion and Analysis of Financial Condition and Results of Operations of Frontline plc (the ÂCompanyÂ) for the six months ended June 30, 2024. SIGNATURESPursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.FRONTLINE PLC(registrant)Dated: September 27, 2024By:/s/ Inger M. KlempName: Inger M. KlempTitle: Principal Financial Officer EXHIBIT 1Â FRONTLINE PLCÂ Throughout this interim report, the "Company," "we," "us" and "our" all refer to Frontline plc and its subsidiaries. Unless otherwise indicated, all references to "USD," "US\$" and "\$" in this interim report are U.S. dollars. This management's discussion and analysis of financial condition and results of operations should be read together with the discussion included in the Company's Annual Report on Form 20-F for the fiscal year ended December 31, 2023.Â Management's Discussion and Analysis of Financial Condition and Results of Operations for the Six Months Ended June 30, 2024.Â GeneralAs of June 30, 2024, the Company's fleet consisted of 82 vessels owned by the Company (41 VLCCs, 23 Suezmax tankers, 18 LR2/Aframax tankers), with an aggregate capacity of approximately 17.9 million DWT. On October 9, 2023, Frontline entered into a Framework Agreement (the "Framework Agreement") with Euronav NV ("Euronav"). Pursuant to the Framework Agreement, the Company agreed to purchase 24 VLCCs with an average age of 5.3 years, for an aggregate purchase price of \$2,350.0 million from Euronav (the "Acquisition"). All of the agreements relating to the Acquisition came into effect in November 2023. In December 2023, the Company took delivery of 11 of the vessels for consideration of \$1,112.2 million. In the first quarter of 2024, the Company took delivery of the 13 remaining vessels for consideration of \$1,237.8 million. In January 2024, the Company announced that it had entered into an agreement to sell its five oldest VLCCs, built in 2009 and 2010, for an aggregate net sales price of \$290.0Â million. The vessels were delivered to the new owner in the six months ended June 30, 2024. After repayment of existing debt on the vessels, the transaction generated net cash proceeds of approximately \$208.0Â million, and the Company recorded a gain of \$68.6Â million in the six months ended June 30, 2024. In January 2024, the Company entered into an agreement to sell one of its oldest Suezmax tankers, built in 2010, for a net sale price of \$45.0 million. The vessel was delivered to the new owner in the six months ended June 30, 2024. After repayment of existing debt on the vessel, the transaction generated net cash proceeds of approximately \$32.0 million, and the Company recorded a gain of \$11.8 million in the six months ended June 30, 2024. In March 2024, the Company entered into an agreement to sell one of its oldest Suezmax tankers, built in 2010, for a net sale of \$46.9 million. The vessel was delivered to the new owner in the six months ended June 30, 2024. After repayment of existing debt on the vessel, the transaction generated net cash proceeds of approximately \$34.0 million, and the Company recorded a gain of \$13.8 million in the six months ended June 30, 2024. In June 2024, the Company entered into an agreement to sell its oldest Suezmax tanker, built in 2010, for a net sale price of \$48.5Â million. The vessel is expected to be delivered to the new owner during the fourth quarter of 2024. After repayment of existing debt on the vessel, the transaction is expected to generate net cash proceeds of approximately \$36.5Â million, and the Company expects to record a gain of approximately \$18.0Â million in the fourth quarter of 2024. In March 2024, the Company entered into a fixed rate time charter-out contract for one VLCC to a third party on a three-year time charter at a daily base rate of \$51,500. The charter commenced in the third quarter of 2024. In April 2024, the Company entered into a time charter-out contract for one Suezmax tanker to a third party on a three-year time charter at a daily base rate of \$32,950 plus 50% profit share. In June 2024, the Company attended an introductory hearing before the Enterprise Court in Antwerp, Belgium, in response to a summons received from certain funds managed by FourWorld Capital Management LLC (the ÂFourWorldÂ) in connection with their claims pertaining to the integrated solution for the strategic and structural deadlock within Euronav announced on October 9, 2023, and Euronav's acquisition of CMB.TECH NV. FourWorld claims that the transactions should be rescinded and in addition has requested the court to order Compagnie Maritime Belge NV and Frontline to pay damages in an amount to be determined in the course of the proceedings. A procedural calendar has been agreed and the case is scheduled for oral court pleadings in May 2026, after which a judgment will be rendered. The Company finds the claims to be without merit and intends to vigorously defend against them. Fleet changes1(number of vessels)Six months ended June 30, 2024Six months ended June 30, 2023Year ended December 31, 2023VLCSSAt the beginning of the period33A 21A 21A Other acquisitions/newbuilding deliveries13A 2A 13A Disposals(5)(1)(1)At the end of the period41A 22A 33A Suezmax tankersAt the beginning of the period25A 27A 27A Disposals(2)(2)(2)At the end of the period23A 25A 25A LR2/Aframax tankersAt the beginning and the end of the period18A 18A 18A Total At the beginning of the period76A 66A 66A Other acquisitions/newbuilding deliveries13A 2A 13A Disposals(7)(3)(3)At the end of the period82A 65A 66A Tanker Market UpdateGlobal oil consumption, as reported by the Energy Information Administration (the ÂEIAÂ), averaged 102.3 million barrels per day (the ÂmbpdÂ) in the first half of 2024, 1.0 mbpd higher than the first half of 2023. Looking ahead, demand is projected to accelerate in the second half of the year, potentially reaching 104.9 mbpd in December 2024. Oil supply remained stable in the first half of 2024, averaging 101.9 mbpd, as compared to 101.3 mbpd for the first half of 2023. The Organization of the Petroleum Exporting Countries (the ÂOPECÂ) supply cut strategy remains in effect, resulting in an average production decrease of 0.6 mbpd compared to the second quarter of 2023. We continue to observe the trend where countries outside of OPEC are increasing their production. Compared to the same quarter last year non-OPEC countries increased their production with 1.2 mbpd. Looking one year ahead, the EIA anticipates additional non-OPEC production growth of 1.5 mbpd, potentially reaching an output of 71.7 mbpd.1 Table excludes vessels commercially managed on behalf of third parties and related parties.2 However, the crude oil markets are seeing concerning developments. According to industry sources and based on the tracking of oil movements, the volume of oil exported from sanctioned countries has increased in the recent years, now amounting to 18.0% of all waterborne crude and condensate, estimated to be around 41.0 mbpd. Russia makes up a large portion of this as EU and G7 sanctions continue to tighten, the transportation of Russian oil and products appears to attract a growing number of non-compliant vessels often referred to as the Âgrey fleetÂ. With such a large part of the trade employing questionable actors, an approximately 6% of the global VLCC, Suezmax and Aframax tanker fleet is reported to be sanctioned by the U.S. Office of Foreign Asset Control (OFAC). The average age of the global tanker fleet continues to rise with 13.0% of the above-mentioned asset classes over 20 years of age. This generation of tonnage are not normally used for oil transportation by compliant charterers and owners. The International Maritime Organization (IMO) has stated a clear regulatory path to reduce the industry's carbon footprint with 20 to 30% by 2030. In addition, the UN organization's commitment to the safety and security of shipping has placed increasing scrutiny on vessel owners. We believe it will be challenging to meet these ambitious goals since the environmental credentials of a tanker built prior to 2004 will not change without significant and potentially prohibitive investment. The overall tanker order book for the asset classes that Frontline owns is now 15.3% of the existing global fleet, with 54, 94, and 147 vessels on order for VLCCs, Suezmax tankers and LR2 tankers, respectively. According to industry sources, only one VLCC is expected for delivery in the remainder of 2024 and five are expected to be delivered in 2025, thus increasing optimism for this asset class in particular. The growth in the order books is predominantly for deliveries scheduled in 2026 and 2027 and is not expected to affect the overall outlook of the tanker market in the near term due to the general age profile of the existing fleet. Results of OperationsAmounts included in the following discussion are derived from our Unaudited Condensed Consolidated Interim Financial Statements for the six months ended June 30, 2024 and June 30, 2023. Total revenues, voyage expenses and commissions (in thousands of \$)20242023Total revenues35,670A 30,908A Voyage charter revenues1,093,207A 971,049A Administrative income5,546A 8,138A Total revenues1,134,423A 1,010,095A Voyage expenses and commissions(404,983A 315,437A Time charter revenues increased by \$4.8Â million in the six months ended June 30, 2024 as compared to the six months ended June 30, 2023 due to the net increase in the number of vessels on long-term and short-term time charters since January 1, 2023. Voyage charter revenues increased by \$122.2Â million in the six months ended June 30, 2024 as compared to the six months ended June 30, 2023 primarily due to:Â a decrease of the \$96.5 million due to the sale of six VLCCs and four Suezmax tankers since January 1, 2023, Â a decrease of \$80.2 million due to the decrease in market freight rates, and Â a decrease of \$17.9 million due to the net increase in the number of vessels on long-term and short-term time charters since January 1, 2023. Administrative income primarily comprises the income earned from the technical and commercial management of related party vessels, newbuilding supervision fees derived from related parties and administrative services provided to related parties. The decrease in the six months ended June 30, 2024 as compared to the six months ended June 30, 2023 was mainly due to a decrease in technical management fees and newbuilding supervision fees as a result of a decrease in the number of vessels under supervision. Voyage expenses and commissions increased by \$89.5Â million in the six months ended June 30, 2024 as compared to the six months ended June 30, 2023, due to the delivery

appropriate liquidity for our requirements. Cash and cash equivalents are held primarily in U.S. Dollars with some balances held in British Pounds, Euros, Norwegian Kroner and Singapore Dollars. Our short-term liquidity requirements relate to payment of operating costs (including drydocking), funding working capital requirements, repayment of debt financing (including interest), payment of upgrading costs, and maintaining cash reserves against fluctuations in operating cash flows. Sources of short-term liquidity include cash balances, short-term investments and receipts from our customers. Revenues from time charters are generally received monthly or fortnightly in advance while revenues from voyage charters are generally received upon completion of the voyage. As of June 30, 2024 and December 31, 2023, we had cash and cash equivalents of \$359.2Å million and \$308.3Å million, respectively. As of June 30, 2024, cash and cash equivalents includes cash balances of \$89.8Å million (December 31, 2023: \$75.4Å million), which represents 50% (December 31, 2023: 50%) of the cash required to be maintained by the financial covenants in our loan agreements. The Company is permitted to satisfy up to 50% of the cash requirement by maintaining a committed undrawn credit facility with a remaining availability of greater than 12 months. Our interest rate swaps can require us to post cash as collateral based on their fair value. As of June 30, 2024 and December 31, 2023, no cash was required to be posted as collateral in relation to our interest rate swaps. Our medium and long-term liquidity requirements include funding the equity portion of investments in new or replacement vessels and repayment of bank loans. Additional sources of funding for our medium and long-term liquidity requirements include new loans, refinancing of existing arrangements, equity issues, public and private debt offerings, vessel sales, sale and leaseback arrangements and asset sales. Vessel disposals In January 2024, the Company announced that it had entered into an agreement to sell its five oldest VLCCs, built in 2009 and 2010, for an aggregate net sales price of \$290.0Å million. The vessels were delivered to the new owner in the six months ended June 30, 2024. After repayment of existing debt on the vessels, the transaction generated net cash proceeds of approximately \$208.0Å million, and the Company recorded a gain of \$68.6Å million in the six months ended June 30, 2024. In January 2024, the Company entered into an agreement to sell one of its oldest Suezmax tankers, built in 2010, for a net sale price of \$45.0 million. The vessel was delivered to the new owner in the six months ended June 30, 2024. After repayment of existing debt on the vessel, the transaction generated net cash proceeds of approximately \$32.0 million, and the Company recorded a gain of \$11.8 million in the six months ended June 30, 2024. 7 In March 2024, the Company entered into an agreement to sell one of its oldest Suezmax tankers, built in 2010, for a net sale of \$46.9 million. The vessel was delivered to the new owner in the six months ended June 30, 2024. After repayment of existing debt on the vessel, the transaction generated net cash proceeds of approximately \$34.0 million, and the Company recorded a gain of \$13.8 million in the six months ended June 30, 2024. In June 2024, the Company entered into an agreement to sell its oldest Suezmax tanker, built in 2010, for a net sale price of \$48.5 million. The vessel is expected to be delivered to the new owner during the fourth quarter of 2024. After repayment of existing debt on the vessel, the transaction is expected to generate net cash proceeds of approximately \$36.5 million, and the Company expects to record a gain of approximately \$18.0 million in the fourth quarter of 2024. Euronav VLCC Acquisition On October 9, 2023, Frontline entered into a Framework Agreement with Euronav. Pursuant to the Framework Agreement, the Company agreed to purchase 24 VLCCs with an average age of 5.3 years, for an aggregate purchase price of \$2,350.0 million from Euronav. All of the agreements relating to the Acquisition came into effect in November 2023. In December 2023, the Company took delivery of 11 of the vessels for consideration of \$1,112.2 million. The Company took delivery of the 13 remaining vessels for consideration of \$1,237.8 million in the six months ended June 30, 2024. Financing See Note 7 to our Unaudited Condensed Consolidated Interim Financial Statements included herein. In July 2024, the Company secured a commitment from CMB Financial Leasing Co., Ltd (ÅæœCMBÅæ) for a sale-and-leaseback agreement in an amount of up to \$512.1 million to refinance a sale-and-leaseback agreement for 10 Suezmax tankers, which is subject to execution of final transaction documents to both parties' satisfaction. The lease financing has a tenor of 10 years, carries an interest rate of SOFR plus a margin of 180 basis points and has an amortization profile of 20.6 years commencing on the delivery date from the yard and includes purchase options for Frontline throughout the period. The refinancing is expected to generate net cash proceeds of approximately \$101.0Å million in the fourth quarter of 2024, which is expected to be partly used to repay the remaining \$75.0Å million drawn under the \$275.0Å million senior unsecured revolving credit facility with an affiliate of Hemen. Dividends In May 2024, the Board of Directors declared a dividend of \$0.62 per share for the first quarter of 2024 which was paid in June 2024. In August 2024, the Board of Directors declared a dividend of \$0.62 per share for the second quarter of 2024 and the dividend is scheduled to be paid on or about September 30, 2024. Cash Flows The following summarizes our cash flows from operating, investing and financing activities for the six months ended June 30, 2024. Net cash provided by operating activities Net cash provided by operating activities in the six months ended June 30, 2024 was \$404.0 million compared to \$553.2 million in the six months ended June 30, 2023. The decrease was primarily due to (i) the movement in other operating assets and liabilities which decreased the cash generated from operating activities by \$53.7 million. The movement in working capital balances are impacted 8 by the timing of voyages and in particular the timing of the billing and receipt of freights, and also by the timing of fueling and consumption of fuel on board our vessels; (ii) an increase in voyage and ship operating expenses by \$89.5 million and \$29.7 million, respectively, mainly due to the net increase in the fleet; (iii) the increase in interest paid of \$50.2 million as a result the increase in market interest rates and the additional debt drawdowns since January 1, 2023; (iv) a reduction in cash received from dividends of \$24.2 million due to the disposal of the shares held in Euronav in November 2023; (v) the payment of debt issuance costs of \$17.5 million largely due to the financing of acquired vessels; and (vi) the receipt of dividends of \$7.3 million from our investment in TFG Marine; in the six months ended June 30, 2023. The decrease in cash provided by operating activities was partially offset by an increase in total operating revenues and other income of \$122.6 million primarily due to the net increase in the fleet since January 1, 2023 partially offset by the decrease in market freight rates, the sale of six VLCCs and four Suezmax tankers since January 1, 2023 and also by the net increase in the number of vessels on long-term and short-term time charters since January 1, 2023. Our reliance on the spot market contributes to fluctuations in cash flows from operating activities as a result of its exposure to highly cyclical tanker rates. Any increase or decrease in the average freight rates earned by our vessels in periods subsequent to June 30, 2024, compared with the actual freight rates achieved during the six months ended June 30, 2024, will have a positive or negative comparative impact, respectively, on the amount of cash provided by operating activities. Net cash used in investing activities Net cash used in investing activities of \$526.1Å million in the six months ended June 30, 2024 comprised mainly of payments of \$890.0 million towards the Acquisition and capitalized additions of \$18.5Å million, primarily in respect of upgrades and drydockings. The cash used in investing activities was partially offset by the proceeds of \$382.4Å million from the sale of five VLCCs and two Suezmax tankers in the period. Net cash provided by financing activities Net cash provided in financing activities of \$173.0Å million in the six months ended June 30, 2024 was primarily due to debt drawdowns of \$1,355.0Å million, partially offset by debt repayments of \$961.1Å million and \$220.4Å million of cash dividends paid. Debt restrictions The Company's loan agreements contain loan-to-value clauses, which could require the Company to post additional collateral or prepay a portion of the outstanding borrowings should the value of the vessels securing borrowings under each of such agreements decrease below required levels. In addition, the loan agreements contain certain financial covenants, including the requirement to maintain a certain level of free cash, positive working capital and a value adjusted equity covenant. The Company is permitted to satisfy up to 50% of the cash requirement by maintaining a committed undrawn credit facility with a remaining availability of greater than 12 months. Failure to comply with any of the covenants in the loan agreements could result in a default, which would permit the lender to accelerate the maturity of the debt and to foreclose upon any collateral securing the debt. If the lender were to take such actions, the Company might not have sufficient funds or other resources to satisfy its obligations. The Company was in compliance with all of the financial covenants contained in the Company's loan agreements as of June 30, 2024. We believe that cash on hand and borrowings under our current and committed credit facilities, along with cash generated from operating activities will be sufficient to fund our requirements for, at least, the twelve months from the date of this interim report. Quantitative and Qualitative Disclosures about Market Risk 9 Interest Rate Risk The Company is exposed to the impact of interest rate changes primarily through its floating-rate borrowings that require the Company to make interest payments based on the Secured Overnight Financing Rate ("SOFR"). Significant increases in interest rates could adversely affect results of operations and ability to service debt. The Company uses interest rate swaps to reduce its exposure to market risk from changes in interest rates. The principal objective of these contracts is to reduce the risks and costs associated with its floating-rate debt. The Company is exposed to the risk of credit loss in the event of non-performance by the counterparty to the interest rate swap agreements. As of June 30, 2024, the Company's outstanding debt, which was at variable interest rates, net of the amount subject to interest rate swap agreements, was \$3,235.7Å million. Based on this, a one percentage point increase in annual interest rates would increase its annual interest expense by approximately \$32.4Å million, excluding the effects of capitalization of interest. Interest Rate Swap Agreements In February 2016, the Company entered into an interest rate swap with DNB whereby the floating interest on notional debt of \$150.0Å million was switched to a fixed rate, with a forward start date of February 2019. In March 2020, the Company entered into three interest rate swaps with DNB whereby the floating interest rate on notional debt totaling \$250.0Å million was switched to a fixed rate. In April 2020, the Company entered into two interest rate swaps with Nordea Bank Norge ("Nordea") whereby the floating interest rate on notional debt totaling \$150.0Å million was switched to a fixed rate. The reference rate for our interest rate swaps is SOFR. The aggregate fair value of these swaps as of June 30, 2024 was an asset of \$36.5Å million (December 2023: \$39.1Å million) and a payable of nil (December 2023: nil). The fair value (Level 2) of the Company's Å™s interest rate swap agreements is the estimated amount that the Company would receive or pay to terminate the agreements at the reporting date, taking into account, as applicable, fixed interest rates on interest rate swaps, current interest rates, forward rate curves and the current credit worthiness of both the Company and the derivative counterparty. The estimated fair value is the present value of future cash flows. The Company recorded a gain on these interest swaps of \$9.8Å million in the six months ended June 30, 2024 (2023: gain of \$9.2Å million). Foreign Currency Risk The majority of the Company's transactions, assets and liabilities are denominated in U.S. dollars, its functional currency. Certain of its subsidiaries report in British pounds, Norwegian kroner or Singapore dollars and risks of two kinds arise as a result: a transaction risk, that is, the risk that currency fluctuations will have an effect on the value of cash flows; and a translation risk, which is the impact of currency fluctuations in the translation of foreign operations and foreign assets and liabilities into U.S. dollars in the condensed consolidated interim financial statements. Inflation Significant global inflationary pressures (caused by events such as the war between Russia and Ukraine) increase operating, voyage, general and administrative and financing costs. Historically, shipping companies are accustomed to navigating in shipping downturns, coping with inflationary pressures and monitoring costs to preserve liquidity, as they typically encourage suppliers and service providers to lower rates and prices. Price Risk Our exposure to equity securities price risk arises from marketable securities held by the Company which are listed equity securities and are carried at fair value through profit or loss unless the election to present subsequent changes in the investment's fair value in other comprehensive income is made. 10 CAUTIONARY STATEMENT REGARDING FORWARD-LOOKING STATEMENTS Å Matters discussed in this report and the documents incorporated by reference may constitute forward-looking statements. The Private Securities Litigation Reform Act of 1995 provides safe harbor protections for forward-looking statements, which include statements concerning plans, objectives, goals, strategies, future events or performance, and underlying assumptions and other statements, which are other than statements of historical facts. Frontline plc. and its subsidiaries, or the Company, desires to take advantage of the safe harbor provisions of the Private Securities Litigation Reform Act of 1995 and is including this cautionary statement in connection with this safe harbor legislation. This report and any other written or oral statements made by us or on our behalf may include forward-looking statements, which reflect our current views with respect to future events and financial performance, and are not intended to give any assurance as to future results. When used in this documents, the words "believe," "anticipate," "intend," "estimate," "forecast," "project," "plan," "potential," "will," "may," "should," "expect" and similar expressions, terms or phrases may identify forward-looking statements. The forward-looking statements in this report are based upon various assumptions, including without limitation, management's examination of historical operating trends, data contained in our records and data available from third parties. Although we believe that these assumptions were reasonable when made, because these assumptions are inherently subject to significant uncertainties and contingencies which are difficult or impossible to predict and are beyond our control, we cannot assure you that we will achieve or accomplish these expectations, beliefs or projections. We undertake no obligation to update any forward-looking statements, whether as a result of new information, future events or otherwise. In addition to these important factors and matters discussed elsewhere herein and in the documents incorporated by reference herein, important factors that, in our view, could cause actual results to differ materially from those discussed in the forward-looking statements include: Å the strength of world economies; Å fluctuations in currencies and interest rates, including central bank policies intended to combat overall inflation and rising interest rates and foreign exchange rates; Å the impact that any discontinuance, modification or other reform or the establishment of alternative reference rates have on the Company's Å™s floating interest rate debt instruments; Å general market conditions, including fluctuations in charter hire rates and vessel values; Å changes in the supply and demand for vessels comparable to ours and the number of new buildings under construction; Å the highly cyclical nature of the industry that we operate in; Å the loss of a large customer or significant business relationship; Å changes in worldwide oil production and consumption and storage; Å changes in the Company's operating expenses and cash flows, including bunker prices, dry docking, crew costs and insurance costs; Å planned, pending or recent acquisitions, business strategy and expected capital spending or operating expenses, including dry docking, surveys and upgrades; Å risks associated with any future vessel construction; Å our expectations regarding the availability of vessel acquisitions and our ability to complete acquisition transactions planned; Å our ability to successfully compete for and enter into new time charters or other employment arrangements for our existing vessels after our current time charters expire and our ability to earn income in the spot market; Å availability of financing and refinancing, our ability to obtain financing and comply with the restrictions and other covenants in our financing arrangements; Å availability of skilled crew members other employees and the related labor costs; Å work stoppages or other labor disruptions by our employees or the employees of other companies in related industries; 11 Å compliance with governmental, tax, environmental and safety regulation, any non-compliance with U.S. or European Union regulations; Å the impact of increasing scrutiny and changing expectations from investors, lenders and other market participants with respect to our Environmental, Social and Governance, or ESG, policies; Å Foreign Corrupt Practices Act of 1977, or FCPA, or other applicable regulations relating to bribery; Å general economic conditions and conditions in the oil industry; Å effects of new products and new technology in our industry, including the potential for technological innovation to reduce the value of our vessels and charter income derived therefrom; Å new environmental regulations and restrictions, whether at a global level stipulated by the International Maritime Organization, and/or imposed by regional or national authorities such as the European Union or individual countries; Å vessel breakdowns and instances of off-hire; Å the impact of an interruption in or failure of our information technology and communications systems, including the impact of cyber-attacks, upon our ability to operate; Å potential conflicts of interest involving members of our board of directors and senior management; Å the failure of counter parties to fully perform their contracts with us; Å changes in credit risk with respect to our counterparties on contracts; Å our dependence on key personnel and our ability to attract, retain and motivate key employees; Å adequacy of insurance coverage; Å our ability to obtain indemnities from contractors; Å changes in laws, treaties or regulations; Å the volatility of the price of our ordinary shares; Å our incorporation under the laws of Cyprus and the different rights to relief that may be available compared to other countries, including the United States; Å changes in governmental rules and regulations or actions taken by regulatory authorities; Å government requisition of our vessels during a period of war or emergency; Å potential liability from pending or future litigation and potential costs due to environmental damage and vessel collisions; Å the arrest of our vessels by maritime claimants; Å general domestic and international political conditions or events, including Å trade wars; Å any further changes in U.S. trade policy that could trigger retaliatory actions by the affected countries; Å potential disruption of shipping routes due to accidents, environmental factors, political events, public health threats, international hostilities including the ongoing developments in the Ukraine region and the development in the Middle East, including the armed conflict in Israel and the Gaza Strip, acts by terrorists or acts of piracy on ocean-going vessels; Å the length and severity of epidemics and pandemics and their impacts on the demand for seaborne transportation of crude oil and refined products; Å the impact of port or canal congestion; Å business disruptions due to adverse weather, natural disasters or other disasters outside our control; and Å other important factors described from time to time in the reports filed by the Company with the Securities and Exchange Commission, or the Commission. We caution readers of this report not to place undue reliance on these forward-looking statements, which speak only as of their dates. These forward looking statements are not guarantees of our future performance, and actual results and future developments may vary materially from those projected in the forward looking statements. Please see our Risk Factors in Item 3 of the Company's Annual Report on Form 20-F for the year ended December 31, 2023, filed with the Commission on April 26, 2024 for a more complete discussion of these and other risks and uncertainties. 12 Frontline plc INDEX TO UNAUDITED CONDENSED CONSOLIDATED INTERIM FINANCIAL STATEMENTS Å A Page Å Condensed Consolidated Statements of Profit or Loss for the six months ended June 30, 2024 and June 30, 2023 (unaudited) 14 Condensed Consolidated Statements of Comprehensive Income for the six months ended June 30, 2024 and June 30, 2023 (unaudited) 15 Condensed Consolidated Statements of Financial Position as of June 30, 2024 and

December 31, 2023 (unaudited)16Condensed Consolidated Statements of Cash Flows for the six months ended June 30, 2024 and June 30, 2023 (unaudited)18Condensed Consolidated Statements of Changes in Equity for the six months ended June 30, 2024 and June 30, 2023 (unaudited)19Notes to the Unaudited Condensed Consolidated Interim Financial Statements2013Frontline plcCondensed Consolidated Statements of Profit or Loss for the six months ended June 30, 2024 and June 30, 2023(in thousands of \$, except per share data)Note20242023Revenues and other operating incomeRevenues51,134,423Â 1,010,095Â Other operating income594,229Â 23,680Â Total revenues and other operating income1,228,652Â 1,033,775Â Operating expensesVoyage expenses and commissions404,983Â 315,437Â Ship operating expenses117,345Â 87,490Â Administrative expenses27,412Â 24,339Â Depreciation6171,726Â 112,642Â Total operating expenses721,466Â 539,908Â Net operating income 507,186Â 493,867Â Other income (expenses)Finance income7,874Â 7,728Â Finance expense(144,756)(77,807)Gain (loss) on marketable securities815Â (23,968)Share of results of associated companies9(920)4,955Â Dividends received1,283Â 25,500Â Net other expenses(135,704)(63,592)Profit before income taxes371,482Â 430,275Â Income tax benefit (expense)(3,089)25Â Profit for the period368,393Â 430,300Â Basic and diluted earnings per share \$1.65Â \$1.93Â The accompanying notes are an integral part of these unaudited condensed consolidated interim financial statements.14Frontline plcCondensed Consolidated Statements of Comprehensive Income for the six months ended June 30, 2024 and June 30, 2023(in thousands of \$)Note20242023Comprehensive income Profit for the period368,393Â 430,300Â Items that may be reclassified to profit or loss:Foreign currency translation gain446Â 131Â Other comprehensive income 446Â 131Â Comprehensive income 368,839Â 430,431Â The accompanying notes are an integral part of these unaudited condensed consolidated interim financial statements.15Frontline plcCondensed Consolidated Statements of Financial Position as of June 30, 2024 and December 31, 2023(in thousands of \$)Note20242023ASSETSCurrent assetsCash and cash equivalents7,835,236Â 308,322Â Marketable securities88,247Â 7,432Â Trade and other receivables8147,752Â 124,647Â Related party receivables921,205Â 19,292Â Inventories148,552Â 135,161Â Voyages in progress137,845Â 110,061Â Prepaid expenses and accrued income17,562Â 15,753Â Derivative instruments receivable85,758Â â€”Â Other current assets13,111Â 7,258Â Total current assets859,268Â 727,926Â Non-current assetsVessels and equipment65,435,574Â 4,633,169Â Right-of-use assets 1,864Â 2,236Â Goodwill112,452Â 112,452Â Derivative instruments receivable830,790Â 39,117Â Investment in associated companies911,467Â 12,386Â Prepaid consideration6â€”Â 349,151Â Other non-current assetsâ€”Â 6,329Â Total assets6,451,415Â 5,882,766Â LIABILITIES AND EQUITYCurrent liabilitiesShort-term debt and current portion of long-term debt7455,040Â 261,999Â Current portion of obligations under leases1,130Â 1,104Â Related party payables954,510Â 47,719Â Trade and other payables8111,128Â 98,232Â Total current liabilities621,808Â 409,054Â Non-current liabilitiesLong-term debt73,402,413Â 3,194,464Â Obligations under leases942Â 1,430Â Other non-current payables463Â 472Â Total liabilities4,025,626Â 3,605,420Â EquityShare capital4222,623Â 222,623Â Additional paid in capital604,687Â 604,687Â Contributed surplus1,004,094Â 1,004,094Â Accumulated other reserves861Â 415Â Retained earnings593,996Â 445,999Â Total equity attributable to the shareholders of the Company2,426,261Â 2,277,818Â Non-controlling interest(472)(472)Total equity 2,425,789Â 2,277,346Â Total liabilities and equity 6,451,415Â 5,882,766Â 16The accompanying notes are an integral part of these unaudited condensed consolidated interim financial statements.17Frontline plcCondensed Consolidated Statements of Cash Flows for the six months ended June 30, 2024 and June 30, 2023(in thousands of \$)Note20242023Net cash provided by operating activities404,010Â 553,154Â Investing activitiesAdditions to newbuildings, vessels and equipment6(908,493)(153,280)Proceeds from sale of vessels5382,350Â 142,740Â Cash inflow on repayment of loan to associated companiesâ€”Â 1,388Â Net cash used in investing activities(526,143)(9,152)Financing activitiesProceeds from issuance of debt71,355,037Â 259,375Â Repayment of debt(7961,132)(356,625)Repayment of obligations under leases(462)(411)Cash dividends paid(4220,396)(394,043)Net cash provided by (used in) financing activities173,047Â (491,704)Net change in cash and cash equivalents50,914Â 52,298Â Cash and cash equivalents at the beginning of period308,322Â 254,525Â Cash and cash equivalents at the end of period359,236Â 306,823Â The accompanying notes are an integral part of these unaudited condensed consolidated interim financial statements.18Frontline plcCondensed Consolidated Statements of Changes in Equity for the six months ended June 30, 2024 and June 30, 2023(in thousands of \$, except number of shares) Note20242023Number of shares outstandingBalance at the beginning and the end of the period4222,622,889Â 222,622,889Â Share capitalBalance at the beginning and the end of the period604,687Â 604,687Â Contributed surplusBalance at the beginning and the end of the period1,004,094Â 1,004,094Â Accumulated other reservesBalance at the beginning of the period145Â 454Â Other comprehensive income446Â 131Â Balance at the end of the period861Â 585Â Retained earningsBalance at the beginning of the period445,999Â 428,513Â Profit for the period368,393Â 430,300Â Cash dividends(4220,396)(394,043)Balance at the end of the period593,996Â 464,770Â Total equity attributable to the shareholders of the Company2,426,261Â 2,296,759Â Non-controlling interestBalance at the beginning and the end of the period(472)(472)Total equity2,425,789Â 2,296,287Â The accompanying notes are an integral part of these unaudited condensed consolidated interim financial statements.19Frontline plcNotes to the Unaudited Condensed Consolidated Interim Financial Statements1. BASIS OF PREPARATIONThe Unaudited Condensed Consolidated Interim Financial Statements of Frontline plc (â€œFrontlineâ€”or the â€œCompanyâ€”) have been prepared on the same basis as the Companyâ€™s Audited Consolidated Financial Statements and should be read in conjunction with the Annual Consolidated Financial Statements and accompanying Notes included in the Annual Report on Form 20-F for the year ended December 31, 2023, filed with the Securities and Exchange Commission on April 26, 2024. The results of operations for the interim period ended June 30, 2024 are not necessarily indicative of the results for the year ending December 31, 2024. The Unaudited Condensed Consolidated Interim Financial Statements are prepared in accordance with IAS 34 Interim Financial Reporting. The Unaudited Condensed Consolidated Interim Financial Statements include the assets and liabilities of the Company and its subsidiaries. These Unaudited Condensed Consolidated Interim Financial Statements were authorized for issue by the Board of Directors on September 27, 2024.2. USE OF JUDGMENTS AND ESTIMATESThe preparation of interim financial statements requires management to make judgments, estimates and assumptions that affect the application of accounting policies and the reported amounts of assets and liabilities, income and expenses. Actual results may differ from these estimates. The significant judgments made by management in applying the Company's accounting policies and the key sources of estimation uncertainty were the same as those described in the last annual financial statements.3. CHANGES IN SIGNIFICANT ACCOUNTING POLICIESThe Unaudited Condensed Consolidated Interim Financial Statements are prepared in accordance with the accounting policies, which are described in the Company's Annual Report on Form 20-F for the year ended December 31, 2023, which was filed with the Securities and Exchange Commission on April 26, 2024. New standards and interpretationsDuring the current financial period, the Company has adopted all the applicable new and revised Standards and Interpretations that were issued by the IASB and the International Financial Reporting Interpretations Committee (IFRIC) of the IASB. The following new Standards, Interpretations and Amendments issued by the IASB and the IFRIC are effective for the current financial period:â€¢ Amendments to IAS 1 Presentation of Financial Statements to specify the requirements for classifying liabilities as current or non-current. The adoption of these amendments had no material effect on the financial statements. New and amended standards and interpretations that are issued, but not yet effective, up to the date of issuance of the Companyâ€™s interim financial statements are disclosed below. The below list includes the new standards and amendments that we believe are the most relevant for the Company:â€¢ In April 2024, the IASB issued IFRS 18 Presentation and Disclosure in Financial Statements, which replaces IAS 1, with a focus on updates to the statement of profit or loss. The new standard is effective for 20annual reporting periods beginning on or after January 1, 2027 and must be applied retrospectively. The key new concepts introduced in IFRS 18 relate to:â— the structure of the statement of profit or loss;â— required disclosures in the financial statements for certain profit or loss performance measures that are reported outside an entityâ€™s financial statements (that is, management-defined performance measures); andâ— enhanced principles on aggregation and disaggregation which apply to the primary financial statements and notes in general.â€¢ In May 2024, the IASB issued Amendments to the Classification and Measurement of Financial Instruments which amended IFRS 9 Financial Instruments and IFRS 7 Financial Instruments: Disclosures. The amendments include clarifying the date of recognition and derecognition of some financial assets and liabilities and new disclosures for certain instruments with contractual terms that can change cash flows. The amendments are effective for annual reporting periods beginning on or after January 1, 2026 and must be applied retrospectively. The Company is currently assessing the impact of the new and amended standards on its financial statements. The Company has not applied or early adopted any new IFRS requirements that are not yet effective as of June 30, 2024.4. EARNINGS PER SHAREThe authorized share capital of the Company as of June 30, 2024 was \$600,000,000 divided into 600,000 shares of \$1.00 nominal value each, of which 222,622,889 shares (December 31, 2023: 222,622,889 shares) of \$1.00 nominal value each are in issue and fully paid. The components of the numerator and the denominator in the calculation of basic and diluted earnings per share are as follows for the six months ended June 30, 2024 and June 30, 2023:(in thousands of \$)20242023Profit for the period368,393Â 430,300Â (in thousands)Weighted average number of basic and diluted shares222,623Â 222,623Â Cash dividends paid per share\$0.99Â \$1.77Â 5. REVENUE AND OTHER OPERATING INCOME RevenuesThe lease and non-lease components of our revenues in the six months ended June 30, 2024 were as follows:(in thousands of \$)Lease/Non-leaseTotalFrontline voyage charter revenues610,186Â 483,021Â 1,093,207Â Time charter revenues26,330Â 9,340Â 35,670Â Administrative incomeâ€”Â 5,546Â 5,546Â Total revenues636,516Â 497,907Â 1,134,423Â The lease and non-lease components of our revenues in the six months ended June 30, 2023 were as follows:(in thousands of \$)Lease/Non-leaseTotalFrontline voyage charter revenues591,703Â 379,346Â 971,049Â Time charter revenues24,374Â 6,534Â 30,908Â Administrative incomeâ€”Â 8,138Â 8,138Â Total revenues616,077Â 394,018Â 1,010,095Â Four LR2 tankers were on fixed rate time charters as of June 30, 2024. In March 2024, the Company entered into a fixed rate time charter-out contract for one VLCC to a third party on a three-year time charter at a daily base rate of \$51,500. The time charter commenced in the third quarter of 2024. In April 2024, the Company entered into a time charter-out contract for one Suezmax tanker to a third party on a three-year time charter at a daily base rate of \$32,950 plus 50% profit share. Other operating incomeOther operating income in the six months ended June 30, 2024 and June 30, 2023 was as follows:(in thousands of \$)20242023Gain on sale of vessels94,229Â 21,959Â Gain on settlement of claimâ€”Â 397Â Gain on pool arrangementsâ€”Â 1,283Â Other gainsâ€”Â 41Â Total other operating income94,229Â 23,680Â In January 2024, the Company announced that it had entered into an agreement to sell its five oldest VLCCs, built in 2009 and 2010, for an aggregate net sales price of \$290.0Â million. The vessels were delivered to the new owner in the six months ended June 30, 2024. After repayment of existing debt on the vessels, the transaction generated net cash proceeds of approximately \$208.0Â million, and the Company recorded a gain of \$68.6Â million in the six months ended June 30, 2024. In January 2024, the Company entered into an agreement to sell one of its oldest Suezmax tankers, built in 2010, for a net sale price of \$45.0Â million. The vessel was delivered to the new owner in the six months ended June 30, 2024. After repayment of existing debt on the vessel, the transaction generated net cash proceeds of approximately \$32.0Â million, and the Company recorded a gain of \$11.8Â million in the six months ended June 30, 2024. In March 2024, the Company entered into an agreement to sell one of its oldest Suezmax tankers, built in 2010, for a net sale of \$46.9Â million. The vessel was delivered to the new owner in the six months ended June 30, 2024. After repayment of existing debt on the vessel, the transaction generated net cash proceeds of approximately \$34.0Â million, and the Company recorded a gain of \$13.8Â million in the six months ended June 30, 2024. In June 2024, the Company entered into an agreement to sell its oldest Suezmax tanker, built in 2010, for a net sale price of \$48.5Â million. The vessel is expected to be delivered to the new owner during the fourth quarter of 2024. After repayment of existing debt on the vessel, the transaction is expected to generate net cash proceeds of approximately \$36.5Â million, and the Company expects to record a gain of approximately \$18.0Â million in the fourth quarter of 2024. In January 2023, the Company sold one 2009-built VLCC and one 2009-built Suezmax tanker for gross proceeds of \$61.0Â million and \$39.5Â million, respectively. The vessels were delivered to new owners in the six months ended June 30, 2023. After repayment of existing debt on the vessels, the transactions generated net cash proceeds of \$226.3Â million, and the Company recorded a gain of \$9.9Â million and \$2.8Â million, respectively, in the six months ended June 30, 2023. In May 2023, the Company sold one 2010-built Suezmax tanker, for gross proceeds of \$44.5Â million. The vessel was delivered to the new owner in the six months ended June 30, 2023. After repayment of existing debt on the vessel, the transaction generated net cash proceeds of \$28.2Â million, and the Company recorded a gain of \$9.3Â million in the six months ended June 30, 2023. In the six months ended June 30, 2023, the Company recorded income of \$1.3Â million related to the pooling arrangement with SFL which terminated in 2023. In the six months ended June 30, 2023, the Company also recorded an arbitration award of \$0.4Â million in relation to the failed sale of a vessel.6. VESSELS AND EQUIPMENTMovements in the six months ended June 30, 2024 were as follows (in thousands of \$)Vessels and equipmentDrydock componentTotalCostsAs of December 31, 20235,464,799Â 147,655Â 5,612,454Â Additions1,235,065Â 24,809Â 1,259,874Â Disposals(714,938)(23,670)(738,608)As of June 30, 20245,984,926Â 148,794Â 6,133,720Â Accumulated depreciationAs of December 31, 2023(890,918)(88,367)(979,285)Charge for the period(159,985)(11,369)(171,354)Disposals(434,798)17,695Â 452,493Â As of June 30, 2024(616,105)(82,041)(698,146)Net book value as of June 30, 20245,468,812Â 66,753Â 5,435,574Â Euronav VLCC AcquisitionOn October 9, 2023, Frontline entered into a Framework Agreement (the "Framework Agreement") with Euronav NV ("Euronav"). Pursuant to the Framework Agreement, the Company agreed to purchase 24 VLCCs with an average age of 5.3 years, for an aggregate purchase price of \$2,350.0Â million from Euronav (the "Acquisition"). All of the agreements relating to the Acquisition came into effect in November 2023. In December 2023, the Company took delivery of 11 of the vessels for consideration of \$1,112.2Â million. The Company had a commitment of \$890.0Â million for the remaining 13 vessels to be delivered excluding \$347.8Â million of prepaid consideration as of December 31, 2023. The Company took delivery of the 13 remaining vessels for consideration of \$1,237.8Â million in the six months ended June 30, 2024. In the six months ended June 30, 2024, the Company also:â€¢ sold five VLCCs and two Suezmax tankers,â€¢ completed the installation of a ballast water treatment system on one vessel, andâ€¢ performed dry docks on eight vessels.237. INTEREST BEARING LOANS AND BORROWINGSMovements in the Company's interest bearing loans and borrowings in the six months ended June 30, 2024 are summarized as follows:(in thousands of \$)December 31, 2023ProceedsRepaymentsOtherJune 30, 2024Floating rate debt3,279,626Â 1,355,037Â (861,132)7,672Â 3,781,203Â Fixed rate debt176,837Â â€”Â (100,000)(587)76,250Â Total debt3,456,463Â 1,355,037Â (961,132)7,085Â 3,857,453Â In November 2023, the Company entered into a senior secured term loan facility in an amount of up to \$1,410.0Â million with a group of our relationship banks to partly finance the Acquisition. The facility has a tenor of five years, carries an interest rate of the Secured Overnight Financing Rate (â€œSOFRâ€”) plus a margin in line with the Companyâ€™s existing loan facilities and has an amortization profile of 20 years commencing on the delivery date from the yard. In December 2023, the Company drew down \$891.3Â million under the facility to partly finance the Acquisition. Up to \$518.7Â million remained available and undrawn under the facility as of December 31, 2023 all of which was drawn down to partially finance the remaining 13 vessels delivered as a result of the Acquisition in the six months ended June 30, 2024. The facility is fully drawn down as of June 30, 2024. In November 2023, the Company entered into a subordinated unsecured shareholder loan in an amount of up to \$539.9Â million with Hemen Holding Limited ("Hemen"), the Company's largest shareholder, to partly finance the Acquisition (the "Hemen shareholder loan"). The Hemen shareholder loan has a tenor of five years and carries an interest rate of SOFR plus a margin equal to the \$1,410.0Â million facility, in line with the Companyâ€™s existing loan facilities. In December 2023, the Company drew down \$235.0Â million under the Hemen shareholder loan to partly finance the Acquisition. Up to \$304.9Â million remained available to be drawn as of December 31, 2023. In January 2024, the Company drew down \$60.0Â million to partly finance the remaining 13 vessels delivered as a result of the Acquisition in the six months ended June 30, 2024. In June 2024, the Company repaid \$147.5Â million under the Hemen shareholder loan and no amount remained available to be drawn as of June 30, 2024. In August 2024, the Company repaid the Hemen shareholder loan in full. In December 2023, the Company drew down \$99.7Â million under its \$275.0Â million senior unsecured revolving credit facility with an affiliate of Hemen, to partly finance the Acquisition. In April 2024, the Company repaid \$100.0Â million under the facility. Up to \$200.0Â million remains available to be drawn following the repayment. In February 2024, the Company entered into a secured term loan facility in an amount of up to \$94.5Â million with KFW Bank to refinance two LR2 tankers. The new facility has a tenor of five years, carries an interest rate of SOFR plus a margin of 180 basis points and has an amortization profile of 20 years commencing on the delivery date from the yard. The refinancing generated net cash proceeds of approximately \$38.0Â million. The new facility is fully drawn down as of June 30, 2024. In March 2024, the Company entered into a senior secured term loan facility in an amount of up to \$219.6Â million with a syndicate of banks to refinance six LR2 tankers. The new facility has a tenor of five years, carries an interest rate of SOFR plus a margin of 180 basis points and has an amortization profile of 18 years commencing on the delivery date from the yard. The refinancing generated net cash proceeds of approximately \$101.0Â million. The new facility is fully drawn down as of June 30, 2024. In May 2024, the Company entered into a senior secured term loan facility in an amount of up to \$606.7Â million with China Exim Bank and DNB, insured by China Export and Credit Insurance Corporation, to refinance eight Suezmax tankers and eight LR2 tankers. The facility has a tenor of approximately nine years, carries an interest rate of SOFR plus a margin in line with the Companyâ€™s existing loan facilities and has an amortization profile

of approximately 19.7 years commencing on the delivery date from the yard. In June 2024, the Company drew down \$306.5Å million under the facility. Up to \$300.2 million remained available and undrawn as of June 30, 2024, all of 24which was drawn down in August 2024. The refinancing generated net cash proceeds of approximately \$275.0Å million, of which \$135.3Å million was generated in the six months ended June 30, 2024. Debt restrictionThe Company's loan agreements contain loan-to-value clauses, which could require the Company to post additional collateral or prepay a portion of the outstanding borrowings should the value of the vessels securing borrowings under each of such agreements decrease below required levels. In addition, the loan agreements contain certain financial covenants, including the requirement to maintain a certain level of free cash, positive working capital and a value adjusted equity covenant. The Company is permitted to satisfy up to 50% of the cash requirement by maintaining a committed undrawn credit facility with a remaining availability of greater than 12 months. As of June 30, 2024, cash and cash equivalents includes cash balances of \$89.8Å million (December 31, 2023: \$75.4Å million), which represents 50% (December 31, 2023: 50%) of the cash required to be maintained by the financial covenants in our loan agreements.The Company was in compliance with all of the financial covenants contained in the Company's loan agreements as of June 30, 2024 and December 31, 2023.Assets pledged((in thousands of \$)June 30, 2024December 31, 2023Vessels5,435,342Å 4,632,901Å 8. FINANCIAL INSTRUMENTS - FAIR VALUES AND RISK MANAGEMENTInterest rate swap agreementsIn February 2016, the Company entered into an interest rate swap with DNB whereby the floating interest on notional debt of \$150.0 million was switched to a fixed rate. The contract had a forward start date of February 2019. In March 2020, the Company entered into three interest rate swaps with DNB whereby the floating interest rate on notional debt totaling \$250.0Å million was switched to a fixed rate. In April 2020, the Company entered into two interest rate swaps with Nordea whereby the floating interest rate on notional debt totaling \$150.0Å million was switched to a fixed rate.The reference rate for our interest rate swaps is SOFR.As of June 30, 2024, the Company recorded a derivative instrument receivable of \$36.5 million (December 31, 2023: \$39.1 million) and no derivative instrument payable (December 31, 2023: nil) in relation to these agreements. The Company recorded a gain on derivatives of \$9.8 million in the six months ended June 30, 2024 (six months ended June 30, 2023: gain of \$9.2 million) in relation to these agreements. The interest rate swaps are not designated as hedges and are summarized as of June 30, 2024 as follows:25Notional AmountInception DateMaturity DateFixed Interest Rate(\$000s)150,000February 2016February 20262.1970Å %100,000March 2020March 20270.9750Å %50,000March 2020March 20270.6000Å %100,000March 2020March 20250.9000Å %100,000April 2020April 2024April 2020April 20250.5000Å %550,000Fair ValuesThe carrying value and estimated fair value of the Company's financial assets and liabilities as of June 30, 2024 and December 31, 2023 are as follows:20242023(in thousands of \$)CarryingValueFairValueCarryingValueFairValueFinancial assets measured at fair value through profit or lossDerivative instruments receivable - non-current30,790Å 30,790Å 30,790Å 39,117Å 39,117Å Derivative instruments receivable - current5,758Å 5,758Å Å Å Å Å Marketable securities8,247Å 8,247Å 7,432Å 7,432Å Financial assets not measured at fair valueCash and cash equivalents359,236Å 359,236Å 308,322Å 308,322Å Receivables147,752Å 147,752Å 124,647Å 124,647Å Financial liabilities not measured at fair valueTrade and other payables111,128Å 111,128Å 98,232Å 98,232Å Floating rate debt3,781,203Å 3,829,759Å 3,279,626Å 3,322,347Å Fixed rate debt76,250Å 78,752Å 176,837Å 184,462Å The estimated fair value of financial assets and liabilities as of June 30, 2024 are as follows:(in thousands of \$)FairValueLevel 1Level 2Level 3Financial assets measured at fair value through profit or lossDerivative instruments receivable - non-current30,790Å 30,790Å Å Å 30,790Å Å Å Derivative instruments receivable - current5,758Å Å Å 5,758Å Å Å Marketable securities8,247Å 8,247Å Å Å Å Å Financial assets not measured at fair valueCash and cash equivalents359,236Å 359,236Å Å Å Å Å Financial liabilities not measured at fair valueFloating rate debt3,829,759Å Å Å 3,829,759Å Å Å Fixed rate debt78,752Å Å Å Å 78,752Å 26Measurement of fair valuesValuation techniques and significant unobservable inputsThe following tables show the valuation techniques used in measuring Level 1, Level 2 and Level 3 fair values, as well as the significant unobservable inputs that were used.Financial instruments measured at fair valueTypeValuation TechniquesSignificant unobservable inputsInterest rate swapsFair value was determined based on the present value of the estimated future cash flows.Not applicable.Marketable securitiesFair value was determined based on the quoted market prices of the securities.Not applicable.Financial instruments not measured at fair valueTypeValuation TechniquesSignificant unobservable inputsFloating rate debtDiscounted cash flow.Not applicable.Fixed rate debtDiscounted cash flow.Discount rate.Assets Measured at Fair Value on a Recurring Basis The fair value (level 2) of interest rate swaps is the present value of the estimated future cash flows that the Company would receive or pay to terminate the agreements at the end of the reporting period, taking into account, as applicable, fixed interest rates on interest rate swaps, current interest rates, forward rate curves and the credit worthiness of both the Company and the derivative counterparty.Marketable securities are listed equity securities for which the fair value at the end of the period is the aggregate market value based on quoted market prices (level 1).There were no transfers between these levels in 2024 and 2023.Financial risk managementIn the course of its normal business, the Company is exposed to the following risks:Å Å Å Credit risk,Å Å Å Liquidity risk, andÅ Å Å Market risk (interest rate risk, foreign currency risk, and price risk).The CompanyÅ Å Å's Board of Directors has overall responsibility for the establishment and oversight of the Company's risk management framework.27Liquidity riskLiquidity risk is the risk that the Company will not be able to meet its financial obligations if they fall due. The CompanyÅ Å Å's approach to managing liquidity is to ensure, as far as possible, that it will always have sufficient liquidity to meet its liabilities when due. The Company has entered into several loan facilities whose maturities are spread over different years (see Note 7).The following are the remaining contractual maturities of financial liabilities:Contractual cash flows at June 30, 2024Å (in thousands of \$)Carrying ValueTotalLess than 1 yearBetween 1 and 5 yearsMore than 5 yearsNon derivative financial liabilitiesFloating rate debt3,781,203Å 3,785,700Å 409,730Å 3,114,889Å 261,081Å Fixed rate debt76,250Å 75,000Å Å Å 75,000Å Å Å Interest on floating rate debtÅ Å 869,599Å 253,597Å 566,876Å 49,126Å Interest on fixed rate debtÅ Å 10,951Å 6,080Å 4,871Å Å Å Operating lease liabilities2,072Å 2,072Å 1,130Å 942Å Å Å Trade and other payables111,128Å 111,128Å 111,128Å Å Å Å The Company has secured bank loans that contain loan covenants. A future breach of covenant may require the Company to repay the loan earlier than indicated in the above table. For more details on these covenants, see Note 7.The carrying values of fixed and floating rate debt include accrued interest as of the reporting date. The interest on floating rate debt is based on the SOFR spot rate as of June 30, 2024. The interest on fixed rate debt is based on the contractual interest rate for the periods presented. It is not expected that the cash flows included in the table above (the maturity analysis) could occur significantly earlier, or at significantly different amounts than stated above.Capital managementWe operate in a capital intensive industry and have historically financed our purchase of tankers and other capital expenditures through a combination of cash generated from operations, equity capital and borrowings from commercial banks. Our ability to generate adequate cash flows on a short and medium term basis depends substantially on the trading performance of our vessels in the market. Our funding and treasury activities are conducted within corporate policies to increase investment returns while maintaining appropriate liquidity for our requirements.The CompanyÅ Å Å's objectives when managing capital are to:Å Å Å safeguard our ability to continue as a going concern, so that we can continue to provide returns for shareholders and benefits for other stakeholders, andÅ Å Å maintain an optimal capital structure to reduce the cost of capital.The Company's loan agreements contain loan-to-value clauses, which could require the Company to post additional collateral or prepay a portion of the outstanding borrowings should the value of the vessels securing borrowings under each of such agreements decrease below required levels. In addition, the loan agreements contain certain financial covenants, including the requirement to maintain a certain level of free cash, positive working capital and a value adjusted equity covenant. Failure to comply with any of the covenants in the loan agreements could result in a default, which would permit the lender to accelerate the maturity of the debt and to foreclose upon any collateral securing the debt.289. RELATED PARTY TRANSACTIONS AND AFFILIATED COMPANIES We transact business with the following related parties and affiliated companies, an affiliated company being a company in which Hemen and companies associated with Hemen have significant influence or control: SFL, Seatanekers Management Norway AS, Seatanekers Management Co. Ltd, Golden Ocean Group Limited ("Golden Ocean"), Alta Trading UK Limited, Archer Limited, Flex LNG Ltd, Avance Gas Holding Ltd. ("Avance Gas"), and Front Ocean Management AS ("Front Ocean Management"). We also own interests in TFG Marine and Clean Marine AS (through our interest in FMS Holdco) which are accounted for as equity method investments.SummaryA summary of transactions with related parties and affiliated companies for the six months ended June 30, 2024 and 2023 was as follows:(in thousands of \$)20242023Revenues and other operating incomeSeatanekers Management Co. Ltd1,109Å 1,085Å SFL1,837Å 3,558Å Golden Ocean484Å 2,253Å Flex LNG Ltd736Å 835Å Avance Gas929Å 1,042Å TFG Marine186Å 642Å Total revenues and other operating income5,545Å 9,421Å Operating expensesFront Ocean Management1,558Å 1,272Å Seatanekers Management Norway AS 351Å 551Å Seatanekers Management Co. Ltd215Å 271Å Total operating expenses2,124Å 2,094Å Other income (expenses)Shareholder loan facility finance expense(10,936)Å Å Revolving credit facility finance expense(6,903)(7,567)FMS Holdco share of results711Å 1,208Å TFG Marine share of results(1,631)3,747Å Total other expenses(18,759) (2,612)Revenues earned from related parties and affiliated companies comprise office rental income, technical and commercial management fees, newbuilding supervision fees, freights, and administrative services. Operating expenses paid to related parties and affiliated companies comprise rental for vessels and office space, support staff costs, and corporate administration. Related party and affiliated company balancesA summary of balances due from related parties and affiliated companies as of June 30, 2024 and December 31, 2023 was as follows:29(in thousands of \$)June 30, 2024December 31, 2023SFL4,515Å 4,652Å Seatanekers Å Management Co. Ltd1,859Å 726Å Golden Ocean11,743Å 11,147Å Alta Trading UK LimitedÅ Å 8Å Flex LNG Ltd430Å 455Å TFG Marine1,479Å 1,117Å Avance Gas1,068Å 1,080Å Other related parties and affiliated companies111Å 107Å Related party and affiliated company receivables21,205Å 19,292Å Balances due from related parties and affiliated companies are primarily derived from newbuilding supervision fees, technical and commercial management fees, and recharges for administrative services.A summary of balances due to related parties and affiliated companies at June 30, 2024 and December 31, 2023 was as follows:(in thousands of \$)June 30, 2024December 31, 2023SFL7,773Å 6,407Å Seatanekers Management Co. Ltd448Å 337Å Golden Ocean17,211Å 13,837Å Flex LNG Ltd512Å 549Å TFG Marine 27,922Å 25,956Å Front Ocean Management11Å 71Å Avance Gas633Å 562Å Related party and affiliated company payables54,510Å 47,719Å Shareholder loan facility147,500Å 235,000Å Revolving credit facility75,000Å 175,000Å Total due to related parties and affiliated companies277,010Å 457,719Å Related party and affiliated company payables are primarily for bunker purchases, supplier rebates, loan interest and corporate administration fees.Transactions with associated companies Å share of losses of TFG Marine of 1.6Å million was recognized in the six months ended June 30, 2024 (2023: profit of \$3.7Å million). The Company also entered into a bunker supply arrangement with TFG Marine, under which it has paid \$291.2Å million to TFG Marine in the six months ended June 30, 2024 (2023: \$193.1Å million) and \$27.9Å million remained due as of June 30, 2024 (December 31, 2023: \$26.0Å million). Å share of profits of FMS Holdco of \$0.7Å million was recognized in the six months ended June 30, 2024 (2023: \$1.2Å million).Transactions with key management personnelThe total amount of the remuneration earned by all directors and key management personnel for their services in the six months ended June Å 30, 2024 and 2023 was as follows:30(in thousands of \$)20242023Total remuneration5,416Å 2,316Å of which:Paid in capacity as directors2,440Å 996Å Other remuneration2,976Å 1,320Å The directors annually review the remuneration of the members of key management personnel. Directors' fees are approved annually at the Annual General Meeting. No pensions were paid to directors or past directors. No compensation was paid to directors or past directors in respect of loss of office. Total remuneration consists of a fixed and a variable component and can be summarized as follows:(in thousands of \$)20242023Total fixed remuneration464Å 419Å of which:Cost of pension15Å 11Å Total variable remuneration4,952Å 1,898Å of which:Share based payments2,976Å 2,005Å 10. COMMITMENTS AND CONTINGENCIESIn June 2024, the Company attended an introductory hearing before the Enterprise Court in Antwerp, Belgium, in response to a summons received from certain funds managed by FourWorld Capital Management LLC (Å Å Å FourWorldÅ Å) in connection with their claims pertaining to the integrated solution for the strategic and structural deadlock within Euronav announced on October 9, 2023, and EuronavÅ Å's acquisition of CMB.TECH NV. FourWorld claims that the transactions should be rescinded and in addition has requested the court to order Compagnie Maritime Belge NV and Frontline to pay damages in an amount to be determined in the course of the proceedings. A procedural calendar has been agreed and the case is scheduled for oral court pleadings in May 2026, after which a judgment will be rendered. The Company finds the claims to be without merit and intends to vigorously defend against them.11. SUBSEQUENT EVENTSIn August 2024, the Board of Directors declared a dividend of \$0.62 per share for the second quarter of 2024 and the dividend is scheduled to be paid on or about September 30, 2024.Refer to Note 5 and Note 7 for details of other transactions that have concluded subsequent to June 30, 2024 pertaining to sales of vessels, time charter-out contracts and debt.31 EX-101.SCH 2 fro-20240630.xsd XBRL TAXONOMY EXTENSION SCHEMA DOCUMENT 0000001 - Document - Cover link:presentationLink link:calculationLink link:definitionLink link:definitionLink 0000002 - Statement - Condensed Consolidated Statements of Profit or Loss link:presentationLink link:calculationLink link:definitionLink link:definitionLink 0000003 - Statement - Condensed Consolidated Statements of Comprehensive Income link:presentationLink link:calculationLink link:definitionLink link:definitionLink 0000004 - Statement - Condensed Consolidated Statements of Financial Position link:presentationLink link:calculationLink link:definitionLink link:definitionLink 0000005 - Statement - Condensed Consolidated Statements of Cash Flows link:presentationLink link:calculationLink link:calculationLink link:definitionLink 0000006 - Statement - Condensed Consolidated Statements of Changes in Equity link:presentationLink link:calculationLink link:calculationLink link:definitionLink 0000007 - Disclosure - BASIS OF PREPARATION link:presentationLink link:calculationLink link:definitionLink link:definitionLink 0000008 - Disclosure - USE OF JUDGMENTS AND ESTIMATES link:presentationLink link:calculationLink link:definitionLink link:definitionLink 0000009 - Disclosure - CHANGES IN SIGNIFICANT ACCOUNTING POLICIES link:presentationLink link:calculationLink link:definitionLink link:definitionLink 0000010 - Disclosure - EARNINGS PER SHARE link:presentationLink link:calculationLink link:definitionLink link:definitionLink 0000011 - Disclosure - REVENUE AND OTHER OPERATING INCOME link:presentationLink link:calculationLink link:calculationLink link:definitionLink 0000012 - Disclosure - 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9954496 - Disclosure - SUBSEQUENT EVENTS (Details) link:presentationLink link:calculationLink link:definitionLink EX-101.CAL 3 fro-20240630_cal.xml XBRL TAXONOMY EXTENSION CALCULATION LINKBASE DOCUMENT EX-101.DEF 4 fro-20240630_def.xml XBRL TAXONOMY EXTENSION DEFINITION LINKBASE DOCUMENT EX-101.LAB 5 fro-20240630_lab.xml XBRL TAXONOMY EXTENSION LABEL LINKBASE DOCUMENT Alta Trading UK Limited Alta Trading UK Limited [Member] Alta Trading UK Limited Aggregated measurement [member] Aggregated measurement [member] Repayment of obligations under leases Payments of lease liabilities, classified as financing activities Current liabilities Current liabilities [abstract] Cost Gross carrying amount [member] Operating expenses Expenses by nature [abstract] Contractual cash flows Contractual Cash Flows [Member] Contractual Cash Flows Accumulated depreciation Accumulated depreciation and amortisation [member] Non-current liabilities Non-current liabilities [abstract] Investment, Name [Domain] Investment, Name [Domain] Share based payments Key management personnel compensation, share-based payment FMS Holdco share of results FMS Holdco FMS Holdco [Member] FMS Holdco Interest rate swap contract Interest rate swap contract [member] Current Fiscal Year End Date Current Fiscal Year End Date Financial assets, category [member] Financial assets, category [member] Number of shares outstanding Changes in number of shares outstanding [abstract] Front Njord Front Njord [Member] Front Njord Front Ocean Management Front Ocean Management [Member] Front Ocean Management Net operating income Profit (loss) from operating activities Net cash provided by (used in) financing activities Cash flows from (used in) financing activities Retained earnings Retained earnings [member] Total operating expenses Operating expense Investment, Name [Axis] Investment, Name [Axis] Classes of property, plant and equipment [axis] Classes of property, plant and equipment [axis] Repayment of debt Repayments Repayments of borrowings Repayments of borrowings, classified as financing activities Contractual commitments for acquisition of property, plant and equipment Contractual commitments for acquisition of property, plant and equipment Other disposals of assets Other disposals of assets [member] Summary of Movements in Borrowings and Outstanding Debt Disclosure of detailed information about borrowings [text block] Balance at beginning of period (in shares) Balance at end of period (in shares) Number of shares outstanding Commitments and Contingencies [Abstract] Commitments And Contingencies [Abstract] Commitments and Contingencies [Abstract] Income tax benefit (expense) Tax expense (income) Vessels By Type [Axis] Vessels By Type [Axis] Vessels By Type Property Plant And Equipment By Pledged Status [Axis] Property Plant And Equipment By Pledged Status [Axis] Property Plant And Equipment By Pledged Status Debt instrument, covenant compliance, cash maintained, percentage Debt Instrument, Covenant Compliance, Cash Maintained, Percentage Debt Instrument, Covenant Compliance, Cash Maintained, Percentage Undrawn borrowing facilities Undrawn borrowing facilities Share of results of associated companies Share of profit (loss) of associates and joint ventures accounted for using equity method Share capital authorized (in shares) Number of shares authorised Schedule of Assets Pledged Schedule Of Assets Pledged [Table Text Block] Schedule Of Assets Pledged Accumulated other reserves Accumulated other comprehensive income [member] Long-term debt Non-current portion of non-current borrowings Non-current assets Non-current assets [abstract] Dewi Maeswara Dewi Maeswara [Member] Dewi Maeswara Disclosure of voluntary change in accounting policy [abstract] Disclosure of voluntary change in accounting policy [abstract] Cash required by financial loan covenant Cash Required By Financial Loan Covenant [Member] Cash Required By Financial Loan Covenant \$219.6 million term loan facility \$219.6 Million Term Loan Facility [Member] \$219.6 Million Term Loan Facility Financial assets not measured at fair value Financial Assets Not Measured At Fair Value [Abstract] Financial Assets Not Measured At Fair Value Interest rate types [member] Interest rate types [member] Disclosure of non-adjusting events after reporting period [line items] Disclosure of non-adjusting events after reporting period [line items] TFG Marine TFG Marine [Member] TFG Marine Flex LNG Ltd Flex LNG Ltd [Member] Flex LNG Ltd Trade and other receivables Trade and other current receivables General Information [Abstract] General Information [Abstract] General Information [Abstract] EARNINGS PER SHARE Disclosure of earnings per share [text block] Earnings per share [abstract] Earnings per share [abstract] Finance income Finance income Financial instruments, class [member] Financial instruments, class [member] Declaration of dividend Declaration Of Dividend [Member] Declaration Of Dividend Total revenues and other operating income Revenue, Related Party Transactions Revenue, Related Party Transactions Other comprehensive income Other comprehensive income Other comprehensive income Revenues Total Revenue from rendering of services Number of vessels delivered Number Of Vessels Delivered Number Of Vessels Delivered Financial assets not measured at fair value Financial assets at amortised cost, category [member] Gross proceeds from sale of vessels Consideration Received, Sale Of Property Plant And Equipment Consideration Received, Sale Of Property Plant And Equipment Other income (expenses) Analysis of income and expense [abstract] Levels of fair value hierarchy [axis] Levels of fair value hierarchy [axis] Obligations under leases Non-current lease liabilities Dividends received Dividend income Disclosure of detailed information about financial instruments [line items] Disclosure of detailed information about financial instruments [line items] Other Increase (Decrease) Through Other Movements, Borrowings Increase (Decrease) Through Other Movements, Borrowings Disclosure of transactions between related parties [table] Disclosure of transactions between related parties [table] Fair Value At fair value [member] Statement of changes in equity [table] Statement of changes in equity [table] Cash dividends paid Dividends paid, classified as financing activities Non-controlling interest Non-controlling interests Marketable securities Marketable Securities, Current Portion Marketable Securities, Current Portion Vessels acquired, purchase price Vessels Acquired, Purchase Price Vessels Acquired, Purchase Price Statement of financial position [abstract] Statement of financial position [abstract] Total due to related parties and affiliated companies Amounts payable, related party transactions Suezmax tanker Suezmax Tanker [Member] Suezmax Tanker Administrative income Administrative Income [Member] Administrative Income Disclosure of detailed information about property, plant and equipment [line items] Disclosure of detailed information about property, plant and equipment [line items] Net cash proceeds Proceeds (Repayments) From Borrowings Classified As Financing Activities Proceeds (Repayments) From Borrowings Classified As Financing Activities Total variable remuneration Key Management Personnel Compensation, Variable Remuneration Expense Key Management Personnel Compensation, Variable Remuneration Expense Fixed Interest Rate Average rate of hedging instrument Property Plant And Equipment By Pledged Status [Domain] Property Plant And Equipment By Pledged Status [Domain] Property Plant And Equipment By Pledged Status [Domain] Schedule of Interest Rate Swaps Disclosure Of Detailed Information About Derivatives Not Designated As Hedges [Table Text Block] Disclosure Of Detailed Information About Derivatives Not Designated As Hedges Schedule of Other Operating Income Disclosure of other operating income [text block] Basic earnings per share (in USD per share) Basic earnings (loss) per share Inventories Current inventories Related party and affiliated company receivables Amounts receivable, related party transactions Total liabilities and equity Equity and liabilities Derivative instruments receivable Derivative instruments receivable - current Current derivative financial assets Gain (loss) on derivatives Gains (losses) on change in fair value of derivatives Prepaid expenses and accrued income Prepayments and accrued income other than contract assets Other non-current assets Other non-current assets Product and Service [Axis] Product and Service [Axis] Borrowings [abstract] Borrowings [abstract] Related party payables Current payables to related parties Borrowings, adjustment to interest rate basis Borrowings, adjustment to interest rate basis Borrowings by name [axis] Borrowings by name [axis] Schedule of Lease and Non-Lease Components of Revenue Disclosure of disaggregation of revenue from contracts with customers [text block] Document Fiscal Year Focus Document Fiscal Year Focus Comprehensive income Comprehensive income [abstract] Derivative instruments payable Derivative financial liabilities Disclosure of non-adjusting events after reporting period [abstract] Additional paid in capital Additional paid-in capital [member] Number of vessels BWTS installed Number Of Vessels BWTS Installed Number Of Vessels BWTS Installed Aggregated time bands [member] Aggregated time bands [member] Disclosure of detailed information about financial instruments [abstract] Disclosure of detailed information about financial instruments [abstract] Hedging instruments [axis] Hedging instruments [axis] Gain on settlement of claim Gains on litigation settlements Non-controlling interest Non-controlling interests [member] Number of assets on fixed rate time charter Number Of Assets On Fixed Rate Time Charter Number Of Assets On Fixed Rate Time Charter Maturity [axis] Maturity [axis] Cash dividends Dividends recognised as distributions to owners Equity Equity [abstract] Lease Leasing Revenue Leasing Revenue Types of interest rates [axis] Types of interest rates [axis] Schedule of Maturity of Financial Liabilities Contractual Obligation, Fiscal Year Maturity [Table Text Block] Administrative expenses Administrative expenses Drydock component Drydock Component [Member] Drydock Component Seatanekers Management Norway AS Seatanekers Management Norway AS [Member] Seatanekers Management Norway AS Front Eminence Front Eminence [Member] Front Eminence Voyage expenses and commissions Fee and commission expense Cash Cash \$150m borrowings \$150 Million Borrowings [Member] \$150 Million Borrowings Financial liabilities, category [member] Financial liabilities, category [member] Short-term debt and current portion of long-term debt Current borrowings and current portion of non-current borrowings Borrowings by name [member] Borrowings by name [member] Related party transactions [abstract] Related party transactions [abstract] Total fixed remuneration Key Management Personnel Compensation, Fixed Remuneration Expense Key Management Personnel Compensation, Fixed Remuneration Expense Purchases of goods, related party transactions SFL SFL [Member] SFL \$539.9 million term loan facility \$539.9 Million Shareholder Loan Facility [Member] \$539.9 Million Shareholder Loan Facility Product and Service [Domain] Product and Service [Domain] Total revenues and other operating income Revenue Gain on pool arrangements Gain (Loss) On Pool Arrangement Gain (Loss) On Pool Arrangement Total current liabilities Current liabilities REVENUE AND OTHER OPERATING INCOME Disclosure of revenue [text block] Current assets Current assets [abstract] Total operating expenses Operating Expenses, Related Party Transactions Operating Expenses, Related Party Transactions COMMITMENTS AND CONTINGENCIES Disclosure of commitments and contingent liabilities [text block] Depreciation Depreciation expense Secured Overnight Financing Rate (SOFR) Secured Overnight Financing Rate (SOFR) [Member] Secured Overnight Financing Rate (SOFR) Categories of related parties [axis] Categories of related parties [axis] Non-adjusting events after reporting period [axis] Non-adjusting events after reporting period [axis] Right-of-use assets Right-of-use assets Operating lease liabilities Lease liabilities February 2026 Interest Rate Swap, Maturing February 2026 [Member] Interest Rate Swap, Maturing February 2026 Revenues and other operating income Revenue [abstract] Other remuneration Key Management Personnel Compensation, Other Remuneration Key Management Personnel Compensation, Other Remuneration CHANGES IN SIGNIFICANT ACCOUNTING POLICIES Disclosure of voluntary change in accounting policy [text block] Statement of changes in equity [line items] Statement of changes in equity [line items] Property, plant and equipment [member] Property, plant and equipment [member] Entity's total for related parties [member] Entity's total for related parties [member] Number of tankers refinanced Number Of Tankers Refinanced Number Of Tankers Refinanced ASSETS Assets [abstract] Financial assets measured at fair value through profit or loss Financial assets at fair value through profit or loss, category [member] Floating rate debt Floating rate debt Floating interest rate [member] Investing activities Cash flows from (used in) investing activities [abstract] Additions Additions other than through business combinations, property, plant and equipment Vessels and equipment Vessels And Equipment [Member] Vessels And Equipment Gain on sale of vessels Gains on disposals of property, plant and equipment Total equity attributable to the shareholders of the Company Equity attributable to owners of parent [member] Profit for the period Profit for the period Profit for the period Profit (loss) Share capital, par value (in USD per share) Par value per share Front Balder Front Balder [Member] Front Balder Level 2 Level 2 of fair value hierarchy [member] Number of tankers sold Number Of Tankers Sold Number Of Tankers Sold Financial assets measured at fair value through profit or loss Financial assets designated as measured at fair value through profit or loss [abstract] Prepaid consideration Non-current prepayments Additional paid in capital Additional paid-in capital Diluted earnings per share (in USD per share) Diluted earnings (loss) per share Interest rate amortization profile Interest Rate Amortization Profile Interest Rate Amortization Profile Counterparty Name [Domain] Counterparty Name [Domain] Schedule of Earnings per Share Earnings per share [text block] Total equity attributable to the shareholders of the Company Equity attributable to owners of parent Golden Ocean Golden Ocean [Member] Golden Ocean Vessels acquired, average age Vessels Acquired, Average Age Vessels Acquired, Average Age Total remuneration Key management personnel compensation Nominal amount of hedging instrument Nominal amount of hedging instrument Disclosure of detailed information about borrowings [table] Disclosure of detailed information about borrowings [table] Disclosure of transactions between related parties [line items] Disclosure of transactions between related parties [line items] Interest of debt Borrowings, Interests Borrowings, Interests Number of derivatives entered into Number Of Derivatives Entered Into Number Of Derivatives Entered Into Statement of changes in equity [abstract] Statement of changes in equity [abstract] Voyages in progress Voyages In Progress Voyages In Progress Debt Covenant [Axis] Debt Covenant [Axis] Debt Covenant \$94.5 million term loan facility \$94.5 Million Term Loan Facility [Member] \$94.5 Million Term Loan Facility Front Odin Front Odin [Member] Front Odin Dividends declared (in USD per share) Dividends recognised as distributions to owners per share Front Loki Front Loki [Member] Front Loki More than 5 years Later than five years [member] \$1410.0 million term loan facility \$1410.0 Million Term Loan Facility [Member] \$1410.0 Million Term Loan Facility Front Eminence and Front Balder Front Eminence And Front Balder [Member] Front Eminence And Front Balder Debt instrument, covenant compliance, undrawn credit facility availability Debt Instrument, Covenant Compliance, Undrawn Credit Facility Availability Debt Instrument, Covenant Compliance, Undrawn Credit Facility Availability Additions to newbuildings, vessels and equipment Additions to newbuildings, vessels and equipment Purchase of property, plant and equipment, classified as investing activities Document Type Document Type Pledged as collateral Pledged As Collateral [Member] Pledged As Collateral Cost of pension Key management personnel compensation, post-employment benefits Goodwill Goodwill Non-lease Non-lease Revenue Non-lease Revenue BASIS OF PREPARATION Disclosure of basis of preparation of financial statements [text block] Voyage charter revenues Voyage Charter [Member] Voyage Charter Accumulated other reserves Other reserves Finance expense Finance costs Other operating income Total other operating income Other operating income (expense) Entity Registrant Name Entity Registrant Name Financial liabilities not measured at fair value Financial liabilities at amortised cost, category [member] Fixed rate debt Fixed Interest Rate Fixed rate debt Fixed interest rate [member] Disclosure of assets recognised from costs to obtain or fulfil contracts with customers [table] Disclosure of assets recognised from costs to obtain or fulfil contracts with customers [table] Document Period End Date Document Period End Date Euronav Euronav [Member] Euronav Time charter daily rate revenue Time Charter Daily Rate Revenue Time Charter Daily Rate Revenue Cash inflow on repayment of loan to associated companies Cash receipts from repayment of advances and loans made to related parties Schedule of Related Party Transactions Disclosure of transactions between related parties [text block] Current portion of obligations under leases Current lease liabilities Number of vessels, drydock performed Number Of Vessels, Drydock Performed Number Of Vessels, Drydock Performed LR2 Tanker LR2 Tanker [Member] LR2 Tanker Duration of time charter Duration Of Time Charter Duration Of Time Charter VESSELS AND EQUIPMENT Disclosure of property, plant and equipment [text block] Entity Central Index Key Entity Central Index Key Disclosure of detailed information about borrowings [line items] Disclosure of detailed information about borrowings [line items] Disclosure of detailed information about property, plant and equipment [table] Disclosure of detailed information about property, plant and equipment [table] Related party receivables Current receivables due from related parties Disclosure of non-adjusting events after reporting period [table] Disclosure of non-adjusting events after reporting period [table] LIABILITIES AND EQUITY Equity and liabilities [abstract] Total other expenses Non-Operating Income (Expenses), Related Party Transactions Non-Operating Income (Expenses), Related Party Transactions Schedule of Movements in Vessels and Equipment Disclosure of detailed information about property, plant and equipment [text block] Profit or loss [abstract] Profit or loss [abstract] Disclosure of assets recognised from costs to obtain or fulfil contracts with customers [line items] Disclosure of assets recognised from costs to obtain or fulfil contracts with customers [line items] Time charter revenues Time Charter [Member] Time Charter March 2027 Interest Rate Swap, Maturing March 2027, Second Tranche [Member] Interest Rate Swap, Maturing March 2027, Second Tranche Number of vessels acquired Number Of Vessels Acquired Number Of Vessels Acquired Other gains (losses) Disclosure of disaggregation of revenue from contracts with customers [table] Disclosure of disaggregation of revenue from contracts with customers [table] Other current assets Other current assets Revolving credit facility finance expense Revolving credit facility Hemen, Affiliates [Member] Hemen, Affiliates Schedule of Carrying Amounts and Fair Values of Financial Instruments Schedule Of Carrying Amounts And Fair Values Of Financial Instruments [Table Text Block] Schedule Of Carrying Amounts And Fair Values Of Financial Instruments Debt Covenant [Domain] Debt Covenant [Domain] Debt Covenant [Domain] Investment in associated companies Investments in associates accounted for using equity method Vessels and equipment Property, plant and equipment at the beginning of the year Property, plant and equipment at the end of the year Vessels Property, plant and equipment Less than 1 year Not later than one year [member] Hedging instruments [member] Hedging instruments [member] Equity [member]

Equity [member] Amendment Flag Amendment Flag USE OF JUDGMENTS AND ESTIMATES Disclosure of accounting judgements and estimates [text block] Vessels By Type [Domain] Vessels By Type [Domain] Vessels By Type [Domain] FINANCIAL INSTRUMENTS - FAIR VALUES AND RISK MANAGEMENT Disclosure of financial instruments [text block] Paid in capacity as directors Key Management Personnel Compensation, Directors Fees Key Management Personnel Compensation, Directors Fees Total current assets Current assets Items that may be reclassified to profit or loss: Components of other comprehensive income that will be reclassified to profit or loss, net of tax [abstract] \$606.7 million term loan facility \$606.7 Million Term Loan Facility [Member] \$606.7 Million Term Loan Facility Payables to related parties Payables to related parties Net change in cash and cash equivalents Increase (decrease) in cash and cash equivalents after effect of exchange rate changes April 2025 Interest Rate Swap, Maturing April 2025 [Member] Interest Rate Swap, Maturing April 2025 Other related parties and affiliated companies Other related parties [member] Disclosure of disaggregation of revenue from contracts with customers [line items] Disclosure of disaggregation of revenue from contracts with customers [line items] March 2025 Interest Rate Swap, Maturing March 2025 [Member] Interest Rate Swap, Maturing March 2025 Receivables Trade and other receivables Level 1 Level 1 of fair value hierarchy [member] Time charter profit share percentage Time Charter Profit Share Percentage Time Charter Profit Share Percentage Debt instrument, covenant compliance, cash required to be maintained, percentage Debt Instrument, Covenant Compliance, Cash Required To Be Maintained, Percentage Debt Instrument, Covenant Compliance, Cash Required To Be Maintained, Percentage Financial liabilities not measured at fair value Financial Liabilities Not Measured At Fair Value [Abstract] Financial Liabilities Not Measured At Fair Value Shareholder loan facility finance expense Shareholder loan facility Hemen [Member] Hemen Contributed surplus Revaluation surplus [member] Advance Gas Advance Gas [Member] Advance Gas \$250m Borrowings \$250 Million Borrowings [Member] \$250 Million Borrowings Disclosure of Detailed Information about Valuation Techniques Disclosure Of Detailed Information About Valuation Techniques [Table Text Block] Disclosure Of Detailed Information About Valuation Techniques Statement of cash flows [abstract] Statement of cash flows [abstract] Comprehensive income Comprehensive income Cash and cash equivalents Cash and cash equivalents at the beginning of period Cash and cash equivalents at the end of period Cash and cash equivalents VLLC vessels VLLC Vessels [Member] VLLC Vessels Related party and affiliated company payables Related Party Payables Other Than Borrowings Facilities [Member] Related Party Payables Other Than Borrowings Facilities Trade and other payables Trade and other payables Changes in equity [abstract] Changes in equity [abstract] Carrying Value Carrying amount [member] SFL Tanker Holding Ltd SFL Tanker Holding Ltd [Member] SFL Tanker Holding Ltd Share of profit (loss) of associates accounted for using equity method Share of profit (loss) of associates accounted for using equity method Counterparty Name [Axis] Counterparty Name [Axis] Cover [Abstract] Cover [Abstract] Number of vessels remaining to be delivered Number Of Vessels Remaining To Be Delivered Number Of Vessels Remaining To Be Delivered Non-adjusting events after reporting period [member] Non-adjusting events after reporting period [member] RELATED PARTY TRANSACTIONS AND AFFILIATED COMPANIES Disclosure of related party [text block] Foreign currency translation gain Gains (losses) on exchange differences on translation of foreign operations, net of tax Disposals Disposals, property, plant and equipment Total assets Assets Debt at beginning of period Debt at end of period Debt Borrowings Number of new assets on fixed rate time charter Number Of New Assets On Fixed Rate Time Charter Number Of New Assets On Fixed Rate Time Charter Net other expenses Non-Operating Income (Expense) Non-Operating Income (Expense) Seatankers Management Co. Ltd Seatankers Management Co. Ltd [Member] Seatankers Management Co. Ltd Categories of financial assets [axis] Categories of financial assets [axis] Proceeds from sale of vessels Proceeds from sales of property, plant and equipment, classified as investing activities Notional amount Notional amount Disclosure of detailed information about financial instruments [table] Disclosure of detailed information about financial instruments [table] Classes of financial instruments [axis] Classes of financial instruments [axis] Financing activities Cash flows from (used in) financing activities [abstract] Total equity Balance at the beginning of the year Balance at the end of the year Equity April 2027 Interest Rate Swap, Maturing April 2027 [Member] Interest Rate Swap, Maturing April 2027 Share capital authorized Authorized Share Capital Authorized Share Capital Charge for the period Depreciation, property, plant and equipment Derivative instruments receivable Derivative instruments receivable - non-current Non-current derivative financial assets Ship operating expenses Ship Operating Expenses Ship Operating Expenses Share capital Issued capital, ordinary shares \$275.0 million revolving credit facility \$275.0 Million Revolving Credit Facility [Member] \$275.0 Million Revolving Credit Facility Share capital Issued capital [member] Debt instrument, term Debt Instrument, Term Period Debt Instrument, Term Period Number of vessels sold Number Of Vessels Sold Number Of Vessels Sold Profit before income taxes Profit (loss) before tax Other non-current payables Line of credit facility, maximum borrowing capacity Borrowing Facilities, Maximum Borrowing Capacity Borrowing Facilities, Maximum Borrowing Capacity Retained earnings Retained earnings Property, plant and equipment [abstract] Property, plant and equipment [abstract] Derivative instruments receivable Derivative financial assets INTEREST BEARING LOANS AND BORROWINGS Disclosure of borrowings [text block] Components of equity [axis] Components of equity [axis] Measurement [axis] Measurement [axis] Contributed surplus Revaluation surplus Weighted average number of basic shares (in shares) Weighted average number of ordinary shares used in calculating basic earnings per share Net cash used in investing activities Cash flows from (used in) investing activities Cash dividends per share declared (in USD per share) Dividends paid, ordinary shares per share All levels of fair value hierarchy [member] All levels of fair value hierarchy [member] Statement of comprehensive income [abstract] Statement of comprehensive income [abstract] Carrying amount, accumulated depreciation, amortisation and impairment and gross carrying amount [axis] Level 3 Level 3 of fair value hierarchy [member] Proceeds from issuance of debt Proceeds Proceeds from borrowings, classified as financing activities Total liabilities Liabilities Number of shares issued and fully paid (in shares) Number of shares issued and fully paid SUBSEQUENT EVENTS Disclosure of events after reporting period [text block] Between 1 and 5 years Later than one year and not later than five years [member] Categories of financial liabilities [axis] Categories of financial liabilities [axis] Weighted average number of diluted shares (in shares) Weighted average number of ordinary shares used in calculating diluted earnings per share Gain (loss) on marketable securities Gains (Losses) On Net Marketable Securities Gains (Losses) On Net Marketable Securities March 2027 Interest Rate Swap, Maturing March 2027 [Member] Interest Rate Swap, Maturing March 2027 EX-101.PRE 6 fro-20240630_pre.xml XBRL TAXONOMY EXTENSION PRESENTATION LINKBASE DOCUMENT XML 8 R1.htm IDEA: XBRL DOCUMENT v3.24.3 Cover 6 Months Ended Jun. 30, 2024 Cover [Abstract] A Document Type: dei:financialPeriodItemType Balance Type: na Period Type: duration X - DefinitionCover page. + ReferencesNo definition available. + Details Name: dei AmendmentFlag Namespace Prefix: dei_ Data Type: xbrli:booleanItemType Balance Type: na Period Type: duration X - DefinitionCover page. + ReferencesNo definition available. + Details Name: dei CoverAbstract Namespace Prefix: dei_ Data Type: xbrli:stringItemType Balance Type: na Period Type: duration X - DefinitionEnd date of current fiscal year in the format --MM-DD. + ReferencesNo definition available. + Details Name: dei CurrentFiscalYearEndDate Namespace Prefix: dei_ Data Type: xbrli:gMonthDayItemType Balance Type: na Period Type: duration X - DefinitionFiscal period values are FY, Q1, Q2, and Q3. 1st, 2nd and 3rd quarter 10-Q or 10-QT statements have value Q1, Q2, and Q3 respectively, with 10-K, 10-KT or other fiscal year statements having FY. + ReferencesNo definition available. + Details Name: dei DocumentFiscalPeriodFocus Namespace Prefix: dei_ Data Type: dei:fiscalPeriodItemType Balance Type: na Period Type: duration X - DefinitionThis is focus fiscal year of the document report in YYYY format. For a 2006 annual report, which may also provide financial information from prior periods, fiscal 2006 should be given as the fiscal year focus. Example: 2006. + ReferencesNo definition available. + Details Name: dei DocumentFiscalYearFocus Namespace Prefix: dei_ Data Type: xbrli:gYearItemType Balance Type: na Period Type: duration X - DefinitionFor the EDGAR submission types of Form 8-K: the date of the report, the date of the earliest event reported; for the EDGAR submission types of Form N-1A: the filing date; for all other submission types: the end of the reporting or transition period. The format of the date is YYYY-MM-DD. + ReferencesNo definition available. + Details Name: dei DocumentPeriodEndDate Namespace Prefix: dei_ Data Type: xbrli:dateItemType Balance Type: na Period Type: duration X - DefinitionThe type of document being provided (such as 10-K, 10-Q, 485BPOS, etc). The document type is limited to the same value as the supporting SEC submission type, or the word 'Other'. + ReferencesNo definition available. + Details Name: dei DocumentType Namespace Prefix: dei_ Data Type: dei:submissionItemType Balance Type: na Period Type: duration X - DefinitionA unique 10-digit SEC-issued value to identify entities that have filed disclosures with the SEC. It is commonly abbreviated as CIK. + ReferencesReference 1:

445,999 Total equity attributable to the shareholders of the Company 2,426,261 2,277,818 Non-controlling interest (472) (472) Total equity 2,425,789 2,277,346 Total liabilities and equity \$ 6,451,415 \$ 5,882,766 X - DefinitionMarketable Securities, Current Portion + ReferencesNo definition available. + Details Name: fro MarketableSecuritiesCurrentPortion Namespace Prefix: fro Data Type: xbrli:monetaryItemType Balance Type: debit Period Type: instant X - DefinitionVoyages In Progress + ReferencesNo definition available. + Details Name: fro VoyagesInProgress Namespace Prefix: fro Data Type: xbrli:monetaryItemType Balance Type: debit Period Type: instant X - DefinitionThe amount received or receivable from the issuance of the entity's shares in excess of nominal value and amounts received from other transactions involving the entity's stock or stockholders. + ReferencesReference 1:

prepayments. [Refer: Prepayments] + ReferencesReference 1:

Jan. 30, 2024 \$ 2,425,789 \$ 2,426,261 \$ 222,623 \$ 604,687 \$ 1,004,094 \$ 861 \$ 593,996 \$ (472) X - ReferencesNo definition available. + Details Name: ifrs-full.ChangesInEquityAbstract Namespace Prefix: ifrs-full. Data Type: xbrli:stringItemType Balance Type: na Period Type: duration X - DefinitionThe amount of dividends recognised as distributions to owners. + ReferencesReference 1: http://www.xbrl.org/2003/role/disclosureRef-Name IAS-Number 1-IssueDate 2023-01-01-Paragraph 107-URI https://taxonomy.ifrs.org/xifrs-link?type=IAS&num=1&code=ifrs-tx-2023-en-r&anchor=para_107&doctype=Standard-URIDate 2023-03-23 + Details Name: ifrs-full.DividendsPaid Namespace Prefix: ifrs-full. Data Type: xbrli:monetaryItemType Balance Type: debit Period Type: duration X - DefinitionThe amount of residual interest in the assets of the entity after deducting all its liabilities. + ReferencesReference 1:

the six months ended June 30, 2023.In the six months ended June 30, 2023, the Company recorded income of \$1.3Å million related to the pooling arrangement with SFL which terminated in 2023. In the six months ended June 30, 2023, the Company also recorded an arbitration award of \$0.4Å million in relation to the failed sale of a vessel. X - Definition The entire disclosure for revenue. + ReferencesReference 1:

receivables21,205\$ 19,292\$ Balances due from related parties and affiliated companies are primarily derived from newbuilding supervision fees, technical and commercial management fees, and recharges for administrative services.A summary of balances due to related parties and affiliated companies at June 30, 2024 and December 31, 2023 was as follows:(in thousands of \$)June 30, 2024December 31, 2023SFL7,773\$ 6,407\$ Seatankers Management Co. Ltd448\$ 337\$ Golden Ocean17,211\$ 13,837\$ Flex LNG Ltd512\$ 549\$ TFG Marine 27,922\$ 25,956\$ Front Ocean Management11\$ 71\$ A VANCE Gas633\$ 562\$ Related party and affiliated company payables54,510\$ 47,719\$ Shareholder loan facility147,500\$ 235,000\$ Revolving credit facility75,000\$ 175,000\$ Total due to related parties and affiliated companies277,010\$ 457,719\$ Related party and affiliated company payables are primarily for bunker purchases, supplier rebates, loan interest and corporate administration fees.Transactions with associated companiesA share of losses of TFG Marine of \$1.6\$ million was recognized in the six months ended June 30, 2024 (2023: profit of \$3.7\$ million). The Company also entered into a bunker supply arrangement with TFG Marine, under which it has paid \$291.2\$ million to TFG Marine in the six months ended June 30, 2024 (2023: \$193.1\$ million) and \$27.9\$ million remained due as of June 30, 2024 (December 31, 2023: \$26.0\$ million).A share of profits of FMS Holdco of \$0.7\$ million was recognized in the six months ended June 30, 2024 (2023: \$1.2\$ million).Transactions with key management personnelThe total amount of the remuneration earned by all directors and key management personnel for their services in the six months ended June 30, 2024 and 2023 was as follows:(in thousands of \$)20242023Total remuneration5,416\$ 2,316\$ of which:Paid in capacity as directors2,440\$ 996\$ Other remuneration2,976\$ 1,320\$ The directors annually review the remuneration of the members of key management personnel. Directors' fees are approved annually at the Annual General Meeting. No pensions were paid to directors or past directors. No compensation was paid to directors or past directors in respect of loss of office. Total remuneration consists of a fixed and a variable component and can be summarized as follows:(in thousands of \$)20242023Total fixed remuneration464\$ 419\$ of which:Cost of pension15\$ 11\$ Total variable remuneration4,952\$ 1,898\$ of which:Share based payments2,976\$ 2,005\$ X - DefinitionThe entire disclosure for related parties, + ReferencesReference 1:

thousands of \$)20242023Total fixed remuneration464Å 419Å of which:Cost of pension15Å 11Å Total variable remuneration4,952Å 1,898Å of which:Share based payments2,976Å 2,005Å X - DefinitionThe disclosure of transactions between the entity and its related parties. [Refer: Related parties [member]] + ReferencesReference 1:

[illegible]

[illegible]

Interest Rate | April 2025 | Disclosure of detailed information about financial instruments [line items] A Fixed Interest Rate 0.50% Interest rate swap contract A Disclosure of detailed information about financial instruments [line items] A Nominal amount of hedging instrument 550,000 X - Definition The average rate of a hedging instrument. [Refer: Hedging instruments [member]] + ReferencesReference 1: [XML 43 R36.htm IDEA: XBRL DOCUMENT v3.24.3 FINANCIAL INSTRUMENTS - FAIR VALUES AND RISK MANAGEMENT - Schedule of Carrying Amounts and Fair Values of Financial Instruments \(Details\) - USD \(\\$\) \\$ in Thousands Jun 30, 2024 Dec. 31, 2023 Jun 30, 2023 Dec. 31, 2022 Financial assets measured at fair value through profit or loss A A A Derivative instruments receivable - non-current 30,790 39,117 A A Derivative instruments receivable - current 5,758 0 A A Marketable securities 8,247 7,432 A A Financial assets measured at fair value through profit or loss A A A Cash and cash equivalents 359,236 308,322 A A 306,823 A A 254,525 Financial liabilities not measured at fair value A A A Trade and other payables 111,128 98,232 A A Debt 3,857,453 3,456,463 A A Floating rate debt A A A Financial liabilities not measured at fair value A A A Debt 3,781,203 3,279,626 A A Fixed rate debt A A A Financial liabilities not measured at fair value A A A Debt 76,250 176,837 A A Carrying Value A A A Financial liabilities not measured at fair value A A A Trade and other payables 111,128 A A Carrying Value | Floating rate debt A A A Financial liabilities not measured at fair value A A A Debt 3,781,203 A A Carrying Value | Fixed rate debt A A A Financial liabilities not measured at fair value A A A Debt 76,250 A A Carrying Value | Financial liabilities not measured at fair value A A A Financial liabilities not measured at fair value A A A Trade and other payables 111,128 98,232 A A Carrying Value | Financial liabilities not measured at fair value | Floating rate debt A A A Financial liabilities not measured at fair value A A A Debt 3,781,203 3,279,626 A A Carrying Value | Financial liabilities not measured at fair value | Fixed rate debt A A A Financial liabilities not measured at fair value A A A Debt 76,250 176,837 A A Fair Value | Financial liabilities not measured at fair value A A A Financial liabilities not measured at fair value A A A Trade and other payables 111,128 98,232 A A Fair Value | Financial liabilities not measured at fair value | Floating rate debt A A A Financial liabilities not measured at fair value A A A Debt 3,829,759 3,322,347 A A Fair Value | Financial liabilities not measured at fair value | Floating rate debt | Level 1 A A A Financial liabilities not measured at fair value A A A Debt 0 A A Fair Value | Financial liabilities not measured at fair value | Floating rate debt | Level 2 A A A Financial liabilities not measured at fair value A A A Debt 3,829,759 A A Fair Value | Financial liabilities not measured at fair value | Floating rate debt | Level 3 A A A Financial liabilities not measured at fair value A A A Debt 0 A A Fair Value | Financial liabilities not measured at fair value | Fixed rate debt A A A Financial liabilities not measured at fair value A A A Debt 78,752 184,462 A A Fair Value | Financial liabilities not measured at fair value | Fixed rate debt | Level 1 A A A Financial liabilities not measured at fair value A A A Debt 0 A A Fair Value | Financial liabilities not measured at fair value | Fixed rate debt | Level 2 A A A Financial liabilities not measured at fair value A A A Debt 0 A A Fair Value | Financial liabilities not measured at fair value | Fixed rate debt | Level 3 A A A Financial liabilities not measured at fair value A A A Debt 78,752 A A Financial assets measured at fair value through profit or loss | Carrying Value A A A Financial assets measured at fair value through profit or loss A A A Derivative instruments receivable - non-current 30,790 39,117 A A Derivative instruments receivable - current 5,758 0 A A Marketable securities 8,247 7,432 A A Financial assets measured at fair value through profit or loss | Fair Value A A A Financial assets measured at fair value through profit or loss A A A Derivative instruments receivable - non-current 30,790 39,117 A A Derivative instruments receivable - current 5,758 0 A A Marketable securities 8,247 7,432 A A Financial assets measured at fair value through profit or loss | Fair Value | Level 1 A A A Financial assets measured at fair value through profit or loss A A A Derivative instruments receivable - non-current 0 A A A Marketable securities 8,247 A A Financial assets measured at fair value through profit or loss | Fair Value | Level 2 A A A Financial assets measured at fair value through profit or loss A A A Derivative instruments receivable - non-current 30,790 A A Derivative instruments receivable - current 5,758 A A A Financial assets measured at fair value through profit or loss | Fair Value | Level 3 A A A Financial assets measured at fair value through profit or loss A A A Derivative instruments receivable - non-current 0 A A A Cash and cash equivalents 359,236 308,322 A A Receivables 147,752 124,647 A A Financial assets not measured at fair value | Fair Value A A A Financial assets not measured at fair value A A A Cash and cash equivalents 359,236 308,322 A A Receivables 147,752 124,647 A A Financial assets not measured at fair value | Fair Value | Level 1 A A A Financial assets not measured at fair value A A A Cash and cash equivalents 359,236 A A Financial assets not measured at fair value | Fair Value | Level 2 A A A Financial assets not measured at fair value A A A Cash and cash equivalents 0 A A X - DefinitionFinancial Assets Not Measured At Fair Value + ReferencesNo definition available. + Details Name: fro FinancialAssetsNotMeasuredAtFairValueAbstract Namespace Prefix: fro Data Type: xbrli:stringItem Type Balance Type: na Period Type: duration X - DefinitionFinancial Liabilities Not Measured At Fair Value + ReferencesNo definition available. + Details Name: fro FinancialLiabilitiesNotMeasuredAtFairValueAbstract Namespace Prefix: fro Data Type: xbrli:stringItem Type Balance Type: na Period Type: duration X - DefinitionMarketable Securities, Current Portion + ReferencesNo definition available. + Details Name: fro MarketableSecuritiesCurrentPortion Namespace Prefix: fro Data Type: xbrli:monetaryItem Type Balance Type: debit Period Type: instant X - DefinitionThe amount of outstanding funds that the entity is obligated to repay. + ReferencesReference 1:](http://www.xbrl.org/2003/role/disclosureRef-Name IFRS-Number 7-IssueDate 2023-01-01-Paragraph 23B-Subparagraph b-URI https://taxonomy.ifrs.org/xifrs-link?type=IFRS&num=7&code=ifrs-tx-2023-en-r&anchor=para 23B_b&dockey=Standard-URIDate 2023-03-23+Details Name: ifrs-full AverageRateOfHedgingInstrument Namespace Prefix: ifrs-full Data Type: dtr-types:percentItem Type Balance Type: na Period Type: instant X - DefinitionLine items represent concepts included in a table. These concepts are used to disclose reportable information associated with members defined in one or many axes of the table. + ReferencesNo definition available. + Details Name: ifrs-full DisclosureOffFinancialInstrumentsLineltms Namespace Prefix: ifrs-full Data Type: xbrli:stringItem Type Balance Type: na Period Type: duration X - DefinitionThe nominal amount of a hedging instrument. [Refer: Hedging instruments [member]] + ReferencesReference 1: <a href=)

Details Name: ifrs-full MeasurementAxis=ifrs-full CarryingAmountMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: ifrs-full MeasurementAxis=ifrs-full ContractualCashFlowsMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: ifrs-full MaturityAxis=ifrs-full LaterThanOneYearMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: ifrs-full MaturityAxis=ifrs-full LaterThanOneYearAndNotLaterThanFiveYearsMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: ifrs-full MaturityAxis=ifrs-full LaterThanFiveYearsMember Namespace Prefix: Data Type: na Balance Type: Period Type: XML 45 R38.htm IDEA: XBRL DOCUMENT v3.24.3 RELATED PARTY TRANSACTIONS AND AFFILIATED COMPANIES - Schedule of Amounts Due from (Paid to) Related Parties (Details) - USD (\$) in Thousands 6 Months Ended Jun. 30, 2024 Jun. 30, 2023 Disclosure of transactions between related parties [line items] Å Å Total revenues and other operating income \$ 5,545 \$ 9,421 Total operating expenses 2,124 2,094 Total other expenses (18,759) (2,612) Front Ocean Management Å Å Disclosure of transactions between related parties [line items] Å Å Total operating expenses 1,558 1,272 Seatankers Management Norway AS Å Å Disclosure of transactions between related parties [line items] Å Å Total operating expenses 351 551 Seatankers Management Co. Ltd Å Å Disclosure of transactions between related parties [line items] Å Å Total revenues and other operating income 1,109 1,085 Total operating expenses 215 271 SFL Å Å Disclosure of transactions between related parties [line items] Å Å Total revenues and other operating income 1,837 3,558 Golden Ocean Å Å Disclosure of transactions between related parties [line items] Å Å Total revenues and other operating income 748 2,253 Flex LNG Ltd Å Å Disclosure of transactions between related parties [line items] Å Å Total revenues and other operating income 736 835 Avance Gas Å Å Disclosure of transactions between related parties [line items] Å Å Total revenues and other operating income 929 1,042 Shareholder loan facility finance expense Å Å Disclosure of transactions between related parties [line items] Å Å Total other expenses (10,936) 0 Revolving credit facility finance expense Å Å Disclosure of transactions between related parties [line items] Å Å Total other expenses (6,903) (7,567) FMS Holdco share of results Å Å Disclosure of transactions between related parties [line items] Å Å Total other expenses 711 1,208 TFG Marine Å Å Disclosure of transactions between related parties [line items] Å Å Total revenues and other operating income 186 642 Total other expenses \$ (1,631) \$ 3,747 X - DefinitionNon-Operating Income (Expenses), Related Party Transactions + ReferencesNo definition available. + Details Name: fro NonOperatingIncomeExpensesRelatedPartyTransactions Namespace Prefix: fro Data Type: xbrli:monetaryItemType Balance Type: credit Period Type: duration X - DefinitionOperating Expenses, Related Party Transactions + ReferencesNo definition available. + Details Name: fro OperatingExpensesRelatedPartyTransactions Namespace Prefix: fro Data Type: xbrli:monetaryItemType Balance Type: debit Period Type: duration X - DefinitionRevenue, Related Party Transactions + ReferencesNo definition available. + Details Name: fro RevenueRelatedPartyTransactions Namespace Prefix: fro Data Type: xbrli:monetaryItemType Balance Type: credit Period Type: duration X - DefinitionLine items represent concepts included in a table. These concepts are used to disclose reportable information associated with members defined in one or many axes of the table. + ReferencesNo definition available. + Details Name: ifrs-full DisclosureOfTransactionsBetweenRelatedPartiesLineItems Namespace Prefix: ifrs-full Data Type: xbrli:stringItemType Balance Type: na Period Type: duration X - Details Name: srt CounterpartyNameAxis=fro FrontOceanManagementMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: srt CounterpartyNameAxis=fro SeatankersManagementCoLtdMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: srt CounterpartyNameAxis=fro SFLMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: srt CounterpartyNameAxis=fro GoldenOceanMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: srt CounterpartyNameAxis=fro FlexLNGLtdMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: srt CounterpartyNameAxis=fro AvanceGasMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: srt CounterpartyNameAxis=fro HemenMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: srt CounterpartyNameAxis=fro FMSHoldcoMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: srt CounterpartyNameAxis=fro TFGMarineMember Namespace Prefix: Data Type: na Balance Type: Period Type: XML 46 R39.htm IDEA: XBRL DOCUMENT v3.24.3 RELATED PARTY TRANSACTIONS AND AFFILIATED COMPANIES - Schedule of Amounts Due from Related Parties (Details) - USD (\$) in Thousands Jun. 30, 2024 Dec. 31, 2023 Disclosure of transactions between related parties [line items] Å Å Related party and affiliated company receivables \$ 21,205 \$ 19,292 SFL Å Å Disclosure of transactions between related parties [line items] Å Å Related party and affiliated company receivables 4,515 4,652 Seatankers Management Co. Ltd Å Å Disclosure of transactions between related parties [line items] Å Å Related party and affiliated company receivables 1,859 726 Golden Ocean Å Å Disclosure of transactions between related parties [line items] Å Å Related party and affiliated company receivables 11,743 11,147 Alta Trading UK Limited Å Å Disclosure of transactions between related parties [line items] Å Å Related party and affiliated company receivables 0 8 Flex LNG Ltd Å Å Disclosure of transactions between related parties [line items] Å Å Related party and affiliated company receivables 430 455 TFG Marine Å Å Disclosure of transactions between related parties [line items] Å Å Related party and affiliated company receivables 1,479 1,117 Avance Gas Å Å Disclosure of transactions between related parties [line items] Å Å Related party and affiliated company receivables 1,068 1,080 Other related parties and affiliated companies Å Å Disclosure of transactions between related parties [line items] Å Å Related party and affiliated company receivables \$ 111 \$ 107 X - DefinitionThe amounts receivable resulting from related party transactions. [Refer: Related parties [member]] + ReferencesReference 1: http://www.xbrl.org/2003/role/disclosureRef -Name IAS -Number 24 -IssueDate 2023-01-01 -Paragraph 20 -URI https://taxonomy.ifrs.org/xifrs-link?type=IAS&num=24&code=ifrs-tx-2023-en-r&anchor=para 20&doctype=Standard -URIDate 2023-03-23Reference 2: http://www.xbrl.org/2003/role/disclosureRef -Name IAS -Number 24 -IssueDate 2023-01-01 -Paragraph 18 -Subparagraph b -URI https://taxonomy.ifrs.org/xifrs-link?type=IAS&num=24&code=ifrs-tx-2023-en-r&anchor=para 18_b&doctype=Standard -URIDate 2023-03-23 + Details Name: ifrs-full AmountsReceivableRelatedPartyTransactions Namespace Prefix: ifrs-full Data Type: xbrli:monetaryItemType Balance Type: debit Period Type: instant X - DefinitionLine items represent concepts included in a table. These concepts are used to disclose reportable information associated with members defined in one or many axes of the table. + ReferencesNo definition available. + Details Name: ifrs-full DisclosureOfTransactionsBetweenRelatedPartiesLineItems Namespace Prefix: ifrs-full Data Type: xbrli:stringItemType Balance Type: na Period Type: duration X - Details Name: srt CounterpartyNameAxis=fro SFLMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: srt CounterpartyNameAxis=fro SeatankersManagementCoLtdMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: srt CounterpartyNameAxis=fro GoldenOceanMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: srt CounterpartyNameAxis=fro AltaTradingUKLimitedMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: srt CounterpartyNameAxis=fro FlexLNGLtdMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: srt CounterpartyNameAxis=fro TFGMarineMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: srt CounterpartyNameAxis=fro AvanceGasMember Namespace Prefix: Data Type: na Balance Type: Period Type: XML 47 R40.htm IDEA: XBRL DOCUMENT v3.24.3 RELATED PARTY TRANSACTIONS AND AFFILIATED COMPANIES - Schedule of Amounts Due to Related Parties (Details) - USD (\$) in Thousands Jun. 30, 2024 Dec. 31, 2023 Disclosure of transactions between related parties [line items] Å Å Total due to related parties and affiliated companies \$ 277,010 \$ 457,719 Related party and affiliated company payables Å Å Disclosure of transactions between related parties [line items] Å Å Total due to related parties and affiliated companies 54,510 47,719 SFL Å Å Disclosure of transactions between related parties [line items] Å Å Total due to related parties and affiliated companies 7,773 6,407 Seatankers Management Co. Ltd Å Å Disclosure of transactions between related parties [line items] Å Å Total due to related parties and affiliated companies 448 337 Golden Ocean Å Å Disclosure of transactions between related parties [line items] Å Å Total due to related parties and affiliated companies 17,211 13,837 Flex LNG Ltd Å Å Disclosure of transactions between related parties [line items] Å Å Total due to related parties and affiliated companies 512 549 TFG Marine Å Å Disclosure of transactions between related parties [line items] Å Å Total due to related parties and affiliated companies 27,922 25,956 Front Ocean Management Å Å Disclosure of transactions between related parties [line items] Å Å Total due to related parties and affiliated companies 11 71 Avance Gas Å Å Disclosure of transactions between related parties [line items] Å Å Total due to related parties and affiliated companies 633 562 Shareholder loan facility Å Å Disclosure of transactions between related parties [line items] Å Å Total due to related parties and affiliated companies 147,500 235,000 Revolving credit facility Å Å Disclosure of transactions between related parties [line items] Å Å Total due to related parties and affiliated companies \$ 75,000 \$ 175,000 X - DefinitionThe amounts payable resulting from related party transactions. [Refer: Related parties [member]] + ReferencesReference 1: http://www.xbrl.org/2003/role/disclosureRef -Name IAS -Number 24 -IssueDate 2023-01-01 -Paragraph 20 -URI https://taxonomy.ifrs.org/xifrs-link?type=IAS&num=24&code=ifrs-tx-2023-en-r&anchor=para 20&doctype=Standard -URIDate 2023-03-23Reference 2: http://www.xbrl.org/2003/role/disclosureRef -Name IAS -Number 24 -IssueDate 2023-01-01 -Paragraph 18 -Subparagraph b -URI https://taxonomy.ifrs.org/xifrs-link?type=IAS&num=24&code=ifrs-tx-2023-en-r&anchor=para 18_b&doctype=Standard -URIDate 2023-03-23 + Details Name: ifrs-full AmountsPayableRelatedPartyTransactions Namespace Prefix: ifrs-full Data Type: xbrli:monetaryItemType Balance Type: credit Period Type: instant X - DefinitionLine items represent concepts included in a table. These concepts are used to disclose reportable information associated with members defined in one or many axes of the table. + ReferencesNo definition available. + Details Name: ifrs-full DisclosureOfTransactionsBetweenRelatedPartiesLineItems Namespace Prefix: ifrs-full Data Type: xbrli:stringItemType Balance Type: na Period Type: duration X - Details Name: srt CounterpartyNameAxis=fro RelatedPartyPayablesOtherThanBorrowingsFacilitiesMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: srt CounterpartyNameAxis=fro SFLMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: srt CounterpartyNameAxis=fro SeatankersManagementCoLtdMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: srt CounterpartyNameAxis=fro GoldenOceanMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: srt CounterpartyNameAxis=fro FlexLNGLtdMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: srt CounterpartyNameAxis=fro TFGMarineMember Namespace Prefix: Data Type: na Balance Type: Period Type: XML 48 R41.htm IDEA: XBRL DOCUMENT v3.24.3 RELATED PARTY TRANSACTIONS AND AFFILIATED COMPANIES - Narrative (Details) - USD (\$) in Millions 6 Months Ended Jun. 30, 2024 Jun. 30, 2023 Dec. 31, 2023 TFG Marine Å Å Disclosure of transactions between related parties [line items] Å Å Share of profit (loss) of associates accounted for using equity method \$ (1.6) \$ 3.7 Å FMS Holdco Å Å Disclosure of transactions between related parties [line items] Å Å Share of profit (loss) of associates accounted for using equity method 0.7 1.2 Å TFG Marine Å Å Disclosure of transactions between related parties [line items] Å Å Purchases of goods, related party transactions 291.2 \$ 193.1 Å Payables to related parties \$ 27.9 Å \$ 26.0 X - DefinitionLine items represent concepts included in a table. These concepts are used to disclose reportable information associated with members defined in one or many axes of the table. + ReferencesNo definition available. + Details Name: ifrs-full DisclosureOfTransactionsBetweenRelatedPartiesLineItems Namespace Prefix: ifrs-full Data Type: xbrli:stringItemType Balance Type: na Period Type: duration X - DefinitionThe amount of goods purchased by the entity in related party transactions. [Refer: Related parties [member]] + ReferencesReference 1: http://www.xbrl.org/2003/role/exampleRef -Name IAS -Number 24 -IssueDate 2023-01-01 -Paragraph 21 -Subparagraph a -URI https://taxonomy.ifrs.org/xifrs-link?type=IAS&num=24&code=ifrs-tx-2023-en-r&anchor=para 21_a&doctype=Standard -URIDate 2023-03-23 + Details Name: ifrs-full PurchasesOfGoodsRelatedPartyTransactions Namespace Prefix: ifrs-full Data Type: xbrli:monetaryItemType Balance Type: debit Period Type: duration X - DefinitionThe entity's share of the profit (loss) of associates accounted for using the equity method. [Refer: Associates [member]]; Investments accounted for using equity method; Profit (loss)] + ReferencesReference 1: http://www.xbrl.org/2009/role/commonPracticeRef -Name IAS -Number 1 -IssueDate 2023-01-01 -Paragraph 85 -URI https://taxonomy.ifrs.org/xifrs-link?type=IAS&num=1&code=ifrs-tx-2023-en-r&anchor=para 85&doctype=Standard -URIDate 2023-03-23 + Details Name: ifrs-full ShareOfProfitLossOfAssociatesAccountedForUsingEquityMethod Namespace Prefix: ifrs-full Data Type: xbrli:monetaryItemType Balance Type: credit Period Type: duration X - DefinitionThe amount of payables due to related parties. [Refer: Related parties [member]] + ReferencesReference 1: http://www.xbrl.org/2009/role/commonPracticeRef -Name IAS -Number 1 -IssueDate 2023-01-01 -Paragraph 78 -URI https://taxonomy.ifrs.org/xifrs-link?type=IAS&num=1&code=ifrs-tx-2023-en-r&anchor=para 78&doctype=Standard -URIDate 2023-03-23 + Details Name: ifrs-full TradeAndOtherPayablesToRelatedParties Namespace Prefix: ifrs-full Data Type: xbrli:monetaryItemType Balance Type: credit Period Type: instant X - Details Name: srt ScheduleOfEquityMethodInvestmentEquityMethodInvesteeNameAxis=fro TFGMarineMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: srt ScheduleOfEquityMethodInvestmentEquityMethodInvesteeNameAxis=fro FMSHoldcoMember Namespace Prefix: Data Type: na Balance Type: Period Type: X - Details Name: srt CounterpartyNameAxis=fro TFGMarineMember Namespace Prefix: Data Type: na Balance Type: Period Type: XML 49 R42.htm IDEA: XBRL DOCUMENT v3.24.3 RELATED PARTY TRANSACTIONS AND AFFILIATED COMPANIES - Schedule of Transactions with Key Management (Details) - USD (\$) in Thousands 6 Months Ended Jun. 30, 2024 Jun. 30, 2023 Related party transactions [abstract] Å Å Total remuneration \$ 5,416 \$ 2,316 Paid in capacity as directors 2,440 996 Other remuneration 2,976 1,320 Total fixed remuneration 464 419 Cost of pension 15 11 Total variable remuneration 4,952 1,898 Share based payments \$ 2,976 \$ 2,005 X - DefinitionKey Management Personnel Compensation, Directors Fees + ReferencesNo definition available. + Details Name: fro KeyManagementPersonnelCompensationDirectorsFees Namespace Prefix: fro Data Type: xbrli:monetaryItemType Balance Type: debit Period Type: duration X - DefinitionKey Management Personnel Compensation, Fixed Remuneration Expense + ReferencesNo definition available. + Details Name: fro KeyManagementPersonnelCompensationFixedRemunerationExpense Namespace Prefix: fro Data Type: xbrli:monetaryItemType Balance Type: debit Period Type: duration X - DefinitionKey Management Personnel Compensation, Other Remuneration + ReferencesNo definition available. + Details Name: fro KeyManagementPersonnelCompensationOtherRemuneration Namespace Prefix: fro Data Type: xbrli:monetaryItemType Balance Type: debit Period Type: duration X - DefinitionKey Management Personnel Compensation, Variable Remuneration Expense + ReferencesNo definition available. + Details Name: fro KeyManagementPersonnelCompensationVariableRemunerationExpense Namespace Prefix: fro Data Type: xbrli:monetaryItemType Balance Type: debit Period Type: duration X - DefinitionThe amount of compensation to key management personnel. [Refer: Key management personnel of entity or parent [member]] + ReferencesReference 1: http://www.xbrl.org/2003/role/disclosureRef -Name IAS -Number 24 -IssueDate 2023-01-01 -Paragraph 17 -URI https://taxonomy.ifrs.org/xifrs-link?type=IAS&num=24&code=ifrs-tx-2023-en-r&anchor=para 17&doctype=Standard -URIDate 2023-03-23 + Details Name: ifrs-full KeyManagementPersonnelCompensation Namespace Prefix: ifrs-full Data Type: xbrli:monetaryItemType Balance Type: debit Period Type: duration X - DefinitionThe amount of compensation to key management personnel in the form of post-employment benefits. [Refer: Key management personnel of entity or parent [member]] + ReferencesReference 1: http://www.xbrl.org/2003/role/disclosureRef -Name IAS -Number 24 -IssueDate 2023-01-01 -Paragraph 17 -Subparagraph b -URI https://taxonomy.ifrs.org/xifrs-link?type=IAS&num=24&code=ifrs-tx-2023-en-r&anchor=para 17_b&doctype=Standard -URIDate 2023-03-23 + Details Name: ifrs-full KeyManagementPersonnelCompensationPostemploymentBenefits Namespace Prefix: ifrs-full Data Type: xbrli:monetaryItemType Balance Type: debit Period Type: duration X - DefinitionThe amount of compensation to key management personnel in the form of share-based payments. [Refer: Key management personnel of entity or parent [member]] + ReferencesReference 1: http://www.xbrl.org/2003/role/disclosureRef -Name IAS -Number 24 -IssueDate 2023-01-01 -Paragraph 17 -Subparagraph e -URI https://taxonomy.ifrs.org/xifrs-link?type=IAS&num=24&code=ifrs-tx-2023-en-r&anchor=para 17_e&doctype=Standard -URIDate 2023-03-23 + Details Name: ifrs-full KeyManagementPersonnelCompensationSharebasedPayment Namespace Prefix: ifrs-full Data Type: xbrli:monetaryItemType Balance Type: debit Period Type: duration X - ReferencesNo definition available. + Details Name: ifrs-full RelatedPartyTransactionsAbstract Namespace Prefix: ifrs-full Data Type: xbrli:stringItemType Balance Type: na Period Type: duration XML 50 R43.htm IDEA: XBRL DOCUMENT v3.24.3 SUBSEQUENT EVENTS (Details) 1 Months Ended Aug. 31, 2024 \$ / shares Declaration of dividend Å Disclosure of non-adjusting events after reporting period [line items] Å Dividends declared (in USD per share) \$ 0.62 X - DefinitionLine items represent concepts included in a table. These concepts are used to disclose reportable

[illegible]

[illegible]

[illegible]

Condensed Consolidated Statements of Financial Position Sheet <http://frontline.bm/role/CondensedConsolidatedStatementsOfFinancialPosition> Statement - Condensed Consolidated Statements of Cash Flows Sheet <http://frontline.bm/role/CondensedConsolidatedStatementsOfCashFlows> Condensed Consolidated Statements of Cash Flows Statements 5 false false R6.htm 00000006 - Statement - Condensed Consolidated Statements of Changes in Equity Sheet <http://frontline.bm/role/CondensedConsolidatedStatementsOfChangesInEquity> Condensed Consolidated Statements of Changes in Equity Statements 6 false false R7.htm 00000007 - Disclosure - BASIS OF PREPARATION Sheet <http://frontline.bm/role/BASISOFPREPARATION> BASIS OF PREPARATION Notes 7 false false R8.htm 00000008 - Disclosure - USE OF JUDGMENTS AND ESTIMATES Sheet <http://frontline.bm/role/USEOFJUDGMENTSANDESTIMATES> USE OF JUDGMENTS AND ESTIMATES Notes 8 false false R9.htm 00000009 - Disclosure - CHANGES IN SIGNIFICANT ACCOUNTING POLICIES Sheet <http://frontline.bm/role/CHANGESINSIGNIFICANTACCOUNTINGPOLICIES> CHANGES IN SIGNIFICANT ACCOUNTING POLICIES Notes 9 false false R10.htm 00000010 - Disclosure - EARNINGS PER SHARE Sheet <http://frontline.bm/role/EARNINGSPERSHARE> EARNINGS PER SHARE Notes 10 false false R11.htm 00000011 - Disclosure - REVENUE AND OTHER OPERATING INCOME Sheet <http://frontline.bm/role/REVENUEANDOTHEROPERATINGINCOME> REVENUE AND OTHER OPERATING INCOME Notes 11 false false R12.htm 00000012 - Disclosure - VESSELS AND EQUIPMENT Sheet <http://frontline.bm/role/VESSELSANDEQUIPMENT> VESSELS AND EQUIPMENT Notes 12 false false R13.htm 00000013 - Disclosure - INTEREST BEARING LOANS AND BORROWINGS Sheet <http://frontline.bm/role/INTERESTBEARINGLOANSANDBORROWINGS> INTEREST BEARING LOANS AND BORROWINGS Notes 13 false false R14.htm 00000014 - Disclosure - FINANCIAL INSTRUMENTS - FAIR VALUES AND RISK MANAGEMENT Sheet <http://frontline.bm/role/FINANCIALINSTRUMENTSFAIRVALUESANDRISKMANAGEMENT> FINANCIAL INSTRUMENTS - FAIR VALUES AND RISK MANAGEMENT Notes 14 false false R15.htm 00000015 - Disclosure - RELATED PARTY TRANSACTIONS AND AFFILIATED COMPANIES Sheet <http://frontline.bm/role/RELATEDPARTYTRANSACTIONSANDAFFILIATEDCOMPANIES> RELATED PARTY TRANSACTIONS AND AFFILIATED COMPANIES Notes 15 false false R16.htm 00000016 - Disclosure - COMMITMENTS AND CONTINGENCIES Sheet <http://frontline.bm/role/COMMITMENTSANDCONTINGENCIES> COMMITMENTS AND CONTINGENCIES Notes 16 false false R17.htm 00000017 - Disclosure - SUBSEQUENT EVENTS Sheet <http://frontline.bm/role/SUBSEQUENTEVENTS> SUBSEQUENT EVENTS Notes 17 false false R18.htm 9954471 - Disclosure - EARNINGS PER SHARE (Tables) Sheet <http://frontline.bm/role/EARNINGSPERSHARETables> EARNINGS PER SHARE (Tables) Tables <http://frontline.bm/role/EARNINGSPERSHARE> 18 false false R19.htm 9954472 - Disclosure - REVENUE AND OTHER OPERATING INCOME (Tables) Sheet <http://frontline.bm/role/REVENUEANDOTHEROPERATINGINCOMETables> REVENUE AND OTHER OPERATING INCOME (Tables) Tables <http://frontline.bm/role/REVENUEANDOTHEROPERATINGINCOME> 19 false false R20.htm 9954473 - Disclosure - VESSELS AND EQUIPMENT (Tables) Sheet <http://frontline.bm/role/VESSELSANDEQUIPMENTTables> VESSELS AND EQUIPMENT (Tables) Tables <http://frontline.bm/role/VESSELSANDEQUIPMENT> 20 false false R21.htm 9954474 - Disclosure - INTEREST BEARING LOANS AND BORROWINGS (Tables) Sheet <http://frontline.bm/role/INTERESTBEARINGLOANSANDBORROWINGSTables> INTEREST BEARING LOANS AND BORROWINGS (Tables) Tables <http://frontline.bm/role/INTERESTBEARINGLOANSANDBORROWINGS> 21 false false R22.htm 9954475 - Disclosure - FINANCIAL INSTRUMENTS - FAIR VALUES AND RISK MANAGEMENT (Tables) Sheet <http://frontline.bm/role/FINANCIALINSTRUMENTSFAIRVALUESANDRISKMANAGEMENTTables> FINANCIAL INSTRUMENTS - FAIR VALUES AND RISK MANAGEMENT (Tables) Tables <http://frontline.bm/role/FINANCIALINSTRUMENTSFAIRVALUESANDRISKMANAGEMENT> 22 false false R23.htm 9954476 - Disclosure - RELATED PARTY TRANSACTIONS AND AFFILIATED COMPANIES (Tables) Sheet <http://frontline.bm/role/RELATEDPARTYTRANSACTIONSANDAFFILIATEDCOMPANIESTables> RELATED PARTY TRANSACTIONS AND AFFILIATED COMPANIES (Tables) Tables <http://frontline.bm/role/RELATEDPARTYTRANSACTIONSANDAFFILIATEDCOMPANIES> 23 false false R24.htm 9954477 - Disclosure - EARNINGS PER SHARE - Narrative (Details) Sheet <http://frontline.bm/role/EARNINGSPERSHARENarrativeDetails> EARNINGS PER SHARE - Narrative (Details) Details 24 false false R25.htm 9954478 - Disclosure - EARNINGS PER SHARE - Schedule of Earnings per Share (Details) Sheet <http://frontline.bm/role/EARNINGSPERSHAREScheduleofEarningsperShareDetails> EARNINGS PER SHARE - Schedule of Earnings per Share (Details) Details 25 false false R26.htm 9954479 - Disclosure - REVENUE AND OTHER OPERATING INCOME - Schedule of Lease and Non-Lease Components of Revenue (Details) Sheet <http://frontline.bm/role/REVENUEANDOTHEROPERATINGINCOMEScheduleofLeaseandNonLeaseComponentsofRevenueDetails> REVENUE AND OTHER OPERATING INCOME - Schedule of Lease and Non-Lease Components of Revenue (Details) Details 26 false false R27.htm 9954480 - Disclosure - REVENUE AND OTHER OPERATING INCOME - Narrative (Details) Sheet <http://frontline.bm/role/REVENUEANDOTHEROPERATINGINCOMENarrativeDetails> REVENUE AND OTHER OPERATING INCOME - Narrative (Details) Details 27 false false R28.htm 9954481 - Disclosure - REVENUE AND OTHER OPERATING INCOME - Schedule of Other Operating Income (Details) Sheet <http://frontline.bm/role/REVENUEANDOTHEROPERATINGINCOMEScheduleofOtherOperatingIncomeDetails> REVENUE AND OTHER OPERATING INCOME - Schedule of Other Operating Income (Details) Details 28 false false R29.htm 9954482 - Disclosure - VESSELS AND EQUIPMENT - Schedule of Movements in Vessels and Equipment (Details) Sheet <http://frontline.bm/role/VESSELSANDEQUIPMENTScheduleofMovementsinVesselsandEquipmentDetails> VESSELS AND EQUIPMENT - Schedule of Movements in Vessels and Equipment (Details) Details 29 false false R30.htm 9954483 - Disclosure - VESSELS AND EQUIPMENT - Narrative (Details) Sheet <http://frontline.bm/role/VESSELSANDEQUIPMENTNarrativeDetails> VESSELS AND EQUIPMENT - Narrative (Details) Details 30 false false R31.htm 9954484 - Disclosure - INTEREST BEARING LOANS AND BORROWINGS - Summary of Movements in Borrowings (Details) Sheet <http://frontline.bm/role/INTERESTBEARINGLOANSANDBORROWINGSSummaryofMovementsinBorrowingsDetails> INTEREST BEARING LOANS AND BORROWINGS - Summary of Movements in Borrowings (Details) Details 31 false false R32.htm 9954485 - Disclosure - INTEREST BEARING LOANS AND BORROWINGS - Narrative (Details) Sheet <http://frontline.bm/role/INTERESTBEARINGLOANSANDBORROWINGSNarrativeDetails> INTEREST BEARING LOANS AND BORROWINGS - 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A hedging instrument can be a designated: (a) derivative measured at fair value through profit or loss, except for some written options (see paragraph B6.2.4 of IFRS 9); (b) non-derivative financial asset or non-derivative financial liability measured at fair value through profit or loss, unless it is a financial liability designated as at fair value through profit or loss for which the amount of its change in fair value that is attributable to changes in the credit risk of that liability is presented in other comprehensive income in accordance with paragraph 5.7.7 of IFRS 9. For a hedge of foreign currency risk, the foreign currency risk component of a non-derivative financial asset or a non-derivative financial liability may be designated as a hedging instrument provided that it is not an investment in an equity instrument for which an entity has elected to present changes in fair value in other comprehensive income in accordance with paragraph 5.7.5 of IFRS 9. 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Note that right-of-use assets are not included. 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