

FLEX LNG - Chief Executive Officer

Road Town, Tortola, 1 June 2016. FLEX LNG is pleased to announce the appointment of Mr. Jonathan Cook as Chief Executive Officer. Mr. Cook is currently Chief Marketing Officer for Cardiff LNG (UK) Ltd and will commence his new duties during 4Q2016.

Mr. Cook's career spans more than 30 years in the maritime and energy sectors with the last 16 years in the LNG sector. After graduating from Texas A&M University at Galveston, where he later served on the Board of Visitors, he held key positions with Coastal, El Paso, and Excelerate Energy, in addition to his 11-years career at sea as a licensed deck officer where he achieved the rank of Master Mariner.

As a founding partner at Excelerate Energy in 2003, Mr. Cook was part of the leadership team that pioneered new frontiers in LNG shipping and transportation, by developing and marketing floating storage and regasification technologies to address the logistical challenges of importing and exporting LNG worldwide. During his time at Cardiff LNG, Mr. Cook managed the commercial activities including spot trading and business development. He played an instrumental role in bringing Cardiff LNG to the forefront of the LNG shipping sector. With the delivery of four LNG carriers in 2014 Cardiff LNG has become one of the most active independent LNG ship owners in the rapidly growing spot market.

In his new role, Mr. Cook will lead the corporate and business development activities of FLEX LNG. This includes bringing the company and its newbuildings under construction into full operations, as well as actively pursuing growth opportunities throughout the LNG value chain.

Mr. Cook said: "FLEX LNG has a history of innovation and is extremely well positioned with its MEGI LNG carriers set for delivery in 2018. The delivery of these vessels coincides with new LNG production coming to the market and increasing the demand for state of the art fuel efficient vessels. I look forward to working with the management team and shareholders of FLEX LNG to leverage its market position and develop the company's full potential in the rapidly evolving LNG industry."



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About FLEX LNG Ltd.

FLEX LNG was incorporated in 2006 and is listed in Norway under the ticker code FLNG. The Company is constructing two Panamax LNG carriers with a capacity of 174,000m³ with Samsung Heavy Industries, for delivery in H1 2018.

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