

LONG4LIFE LIMITED
(Incorporated in the Republic of South Africa)
(Registration number 2016/216015/06)
Share code: L4L ISIN: ZAE000243119
("Long4Life" or "the Company")

ACCEPTANCE OF FORFEITABLE SHARES IN TERMS OF THE LONG4LIFE FORFEITABLE SHARE PLAN ("FSP")

In compliance with paragraphs 3.63 to 3.74 of the Listings Requirements of the JSE Limited, notification is hereby given that the following directors of the Company and major subsidiaries have been awarded and have accepted forfeitable share awards in terms of the Long4Life FSP.

The forfeitable share awards ("Awards") are subject to retention and performance conditions and vest in accordance with the rules of the FSP.

Name of director:	B Joffe
Company:	Long4Life
Nature of transaction:	Award and acceptance of 800 000 Long4Life shares in terms of and subject to the rules of the Long4Life FSP for no consideration
Date of transaction:	22 July 2019
Class:	Ordinary shares
Transaction value:	R3 760 000 (based on the indicative value per Long4Life share)
Nature of interest:	Direct beneficial
Name of director:	M Levenstein
Company:	Long4Life
Nature of transaction:	Award and acceptance of 600 000 Long4Life shares in terms of and subject to the rules of the Long4Life FSP for no consideration
Date of transaction:	19 July 2019
Class:	Ordinary shares
Transaction value:	R2 820 000 (based on the indicative value per Long4Life share)
Nature of interest:	Direct beneficial
Name of director:	C Datnow
Company:	Long4Life
Nature of transaction:	Award and acceptance of 600 000 Long4Life shares in terms of and subject to the rules of the Long4Life FSP for no consideration
Date of transaction:	22 July 2019
Class:	Ordinary shares
Transaction value:	R2 820 000 (based on the indicative value per Long4Life share)
Nature of interest:	Direct beneficial

Name of director: C Loubser
Company: Holdsport Proprietary Limited
Nature of transaction: Award and acceptance of 526 200 Long4Life shares in terms of and subject to the rules of the Long4Life FSP for no consideration
Date of transaction: 22 July 2019
Class: Ordinary shares
Transaction value: R2 473 140 (based on the indicative value per Long4Life share)
Nature of interest: Direct beneficial

Name of director: B Moritz
Company: Holdsport Proprietary Limited
Nature of transaction: Award and acceptance of 472 300 Long4Life shares in terms of and subject to the rules of the Long4Life FSP for no consideration
Date of transaction: 19 July 2019
Class: Ordinary shares
Transaction value: R2 219 810 (based on the indicative value per Long4Life share)
Nature of interest: Direct beneficial

Name of director: G Hobbs
Company: Chill Holdings Proprietary Limited
Nature of transaction: Award and acceptance of 360 000 Long4Life shares in terms of and subject to the rules of the Long4Life FSP for no consideration
Date of transaction: 22 July 2019
Class: Ordinary shares
Transaction value: R1 692 000 (based on the indicative value per Long4Life share)
Nature of interest: Direct beneficial

Name of director: J Steyn
Company: Chill Holdings Proprietary Limited
Nature of transaction: Award and acceptance of 300 000 Long4Life shares in terms of and subject to the rules of the Long4Life FSP for no consideration
Date of transaction: 22 July 2019
Class: Ordinary shares
Transaction value: R1 410 000 (based on the indicative value per Long4Life share)
Nature of interest: Direct beneficial

The abovementioned transactions are off-market transactions and the pre-requisite clearances were obtained.

Johannesburg
23 July 2019

Sponsor: The Standard Bank of South Africa Limited