

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

DEALINGS IN SECURITIES

In compliance with paragraphs 3.63 to 3.74 of the Listings Requirements of the JSE Limited ("JSE"), the following information is disclosed in respect of dealings in securities by directors of a major subsidiary:

Name: B Moritz
Company: Holdsport Limited
Nature of Transaction: Vesting of 66 235 Long4Life shares in terms of and subject to the rules of the Holdsport Forfeitable Share Plan.
Date of transaction: 15 June 2018
Class: Ordinary shares
Consideration: Nil
Nature of interest: Direct beneficial

Name: B Moritz
Company: Holdsport Limited
Nature of transaction: Off-market sale of Long4Life shares
No. of shares disposed: 29 806
Type and class of securities: Ordinary shares
Date of transaction: 3 July 2018
Price per security: R5.90
Total value: R175 855.40
Nature of interest: Direct beneficial

Name: JP Loubser
Company: Holdsport Limited
Nature of Transaction: Vesting of 66 235 Long4Life shares in terms of and subject to the rules of the Holdsport Forfeitable Share Plan.
Date of transaction: 15 June 2018
Class: Ordinary shares
Consideration: Nil
Nature of interest: Direct beneficial

Name: JP Loubser
Company: Holdsport Limited
Nature of transaction: Off-market sale of Long4Life shares
No. of shares disposed: 29 806
Type and class of securities: Ordinary shares
Date of transaction: 3 July 2018
Price per security: R5.90
Total value: R175 855.40
Nature of interest: Direct beneficial

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

Johannesburg
5 July 2018

Sponsor: The Standard Bank of South Africa Limited