

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 of the Company by directors of Holdsport Proprietary Limited ("Holdsport") and Chill Holdings Proprietary Limited ("Chill") respectively, both major subsidiaries of Long4Life:

Name:	B Moritz
Position:	Executive director
Nature of transaction:	Acceptance of 184 527 Long4Life shares in terms of and subject to the rules of the Holdsport Forfeitable Share Plan
Date of transaction:	27 June 2019
Class:	Ordinary shares
Consideration:	Nil
Nature of interest:	Direct beneficial

Name:	B Moritz
Position:	Executive director
Nature of transaction:	Sale of Long4Life shares in lieu of the tax obligation thereon
No. of shares disposed:	83 037
Type and class of securities:	Ordinary shares
Date of transaction:	28 June 2019
Closing price:	R4.66
Total value:	R386 952.42
Nature of interest:	Direct beneficial

Name:	JP Loubser
Position:	Executive director
Nature of transaction:	Acceptance of 184 527 Long4Life shares in terms of and subject to the rules of the Holdsport Forfeitable Share Plan
Date of transaction:	27 June 2019
Class:	Ordinary shares
Consideration:	Nil
Nature of interest:	Direct beneficial

Name:	JP Loubser
Position:	Executive director
Nature of transaction:	Sale of Long4Life shares in lieu of the tax obligation thereon
No. of shares disposed:	83 037
Type and class of securities:	Ordinary shares
Date of transaction:	28 June 2019
Closing price:	R4.66
Total value:	R386 952.42
Nature of interest:	Direct beneficial

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

Name:	Grant Hobbs Family Trust (an associate of G Hobbs)
Position:	Executive director
Nature of transaction:	Sale of Long4Life ordinary shares
No. of shares disposed:	432 809
Type and class of securities:	Ordinary shares
Date of transaction:	27 and 28 June 2019
Volume weighted average price:	R4.73
Highest price:	R4.74
Lowest price:	R4.70
Total value:	R2 046 558.34
Nature of interest:	Indirect beneficial

The abovementioned transaction is on-market and pre-requisite clearance for the above transaction was obtained.

Johannesburg
1 July 2019

Sponsor: The Standard Bank of South Africa Limited