

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"), a major subsidiary of Long4Life.

The dealings are in relation to the settlement of the tax associated with the acceptance of Long4Life shares in terms of the Holdsport Forfeitable Share Plan:

Name:	B Moritz
Position:	Executive director
Nature of transaction:	Off-market sale of Long4Life shares
No. of shares disposed:	123 389
Type and class of securities:	Ordinary shares
Date of transaction:	1 July 2020
Closing price:	306 cents per share
Total value:	R377 568.90
Nature of interest:	Direct beneficial

Name:	JP Loubser
Position:	Executive director
Nature of transaction:	Off-market sale of Long4Life shares
No. of shares disposed:	123 389
Type and class of securities:	Ordinary shares
Date of transaction:	1 July 2020
Closing price:	306 cents per share
Total value:	R377 568.90
Nature of interest:	Direct beneficial

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

Cape Town  
6 July 2020

Sponsor: The Standard Bank of South Africa Limited