

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"), of a major subsidiary of Long4Life:

Name:	B Moritz
Position:	Executive director
Nature of Transaction:	Acceptance of 274 197 Long4Life shares in terms of and subject to the rules of the Holdsport Forfeitable Share Plan.
Class:	Ordinary shares
Consideration:	Nil
Nature of interest:	Direct beneficial

Name:	JP Loubser
Position:	Executive director
Nature of Transaction:	Acceptance of 274 197 Long4Life shares in terms of and subject to the rules of the Holdsport Forfeitable Share Plan.
Class:	Ordinary shares
Consideration:	Nil
Nature of interest:	Direct beneficial

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

Cape Town
22 June 2020

Sponsor: The Standard Bank of South Africa Limited