

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 a director of Holdsport Proprietary Limited ("Holdsport"), a major subsidiary of Long4Life.

Name:	B Moritz
Position:	Executive director
Nature of transaction:	Acceptance of 208 065 Long4Life shares in terms of and subject to the rules of the Holdsport Forfeitable Share Plan.
Type and class of securities:	Ordinary shares
Date of transaction:	15 June 2021
Closing price:	460 cents per share
Total value:	R957 099
Nature of interest:	Direct beneficial

The below dealing is 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:	93 629
Type and class of securities:	Ordinary shares
Date of transaction:	15 June 2021
Closing price:	460 cents per share
Total value:	R430 695
Nature of interest:	Direct beneficial

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

Cape Town
17 June 2021

Sponsor: The Standard Bank of South Africa Limited