

Transactions sorted by : Insider  
Issuer name : Enthusiast ( Starts with )

Issuer name: Enthusiast Gaming Holdings Inc. (formerly J55 Capital Corp.)

Legend: O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

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Insider name: Albright, John

Insider's Relationship to Issuer: 4 - Director of Issuer

Ceased to be Insider: Not applicable

Security designation: Common Shares

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
3930253	2021-07-20	2022-04-11	Direct Ownership :	00 - Opening Balance-Initial SEDI Report									
3930256	2022-04-07	2022-04-11	Direct Ownership :	10 - Acquisition or disposition in the public market	+25,100		25,100	25,100					
3932905	2022-04-08	2022-04-15	Direct Ownership :	10 - Acquisition or disposition in the public market	+8,200		33,300	33,300					
Security designation: Options (Common Shares)													
3938195	2021-07-20	2022-05-02	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
3938196	2022-04-29	2022-05-02	Direct Ownership :	50 - Grant of options	+35,467		35,467	35,467	2.7500	2027-04-20	Common Shares	+35,467	35,467
Security designation: RSU - can be exercised for cash or common shares (Common Shares)													
3938197	2021-07-20	2022-05-02	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
3938198	2022-04-29	2022-05-02	Direct Ownership :	56 - Grant of rights	+53,394		53,394	53,394			Common Shares	+53,394	53,394
4032876	2022-11-17	2022-11-22	Direct Ownership :	56 - Grant of rights	+15,926	1.1340	69,320			2027-11-17	Common Shares	+15,926	69,320

**Issuer name:** J55 Capital Corp.

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<b>Insider name:</b> Aquilini, Francesco													
<b>Insider's Relationship to Issuer:</b> 3 - 10% Security Holder of Issuer, 4 - Director of Issuer													
<b>Ceased to be Insider:</b> 2022-07-19													
<b>Security designation:</b> Common Shares													
3279508	2018-12-03	2018-12-12	Direct Ownership :	00 - Opening Balance-Initial SEDI Report			4,001,000						
3419203	2019-08-26	2019-09-04	Direct Ownership :	37 - Stock split or consolidation	-800,200		3,200,800						

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**Insider name:** Aquilini, Francesco

**Insider's Relationship to Issuer:** 3 - 10% Security Holder of Issuer, 4 - Director of Issuer

**Ceased to be Insider:** 2022-07-19

**Security designation:** Common Shares

	3423415	2019-09-05	2019-09-10	Direct Ownership :	37 - Stock split or consolidation	-2,800,700					400,100		
O	3499200	2020-02-18	2020-02-18	Direct Ownership :	10 - Acquisition or disposition in the public market	+150,000	1.9638						

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**Insider name:** Aquilini, Francesco

**Insider's Relationship to Issuer:** 3 - 10% Security Holder of Issuer, 4 - Director of Issuer

**Ceased to be Insider:** 2022-07-19

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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Security designation: Common Shares

	3419220	2018-12-03	2019-09-04	Indirect Ownership : GameCo Trust	00 - Opening Balance-Initial SEDI Report								
	3419222	2019-08-30	2019-09-04	Indirect Ownership : GameCo Trust	22 - Acquisition or disposition pursuant to a take-over bid, merger or acquisition	+21,700,100		21,700,100					

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Insider name:   Aquilini, Francesco

Insider's Relationship to Issuer:   3 - 10% Security Holder of Issuer, 4 - Director of Issuer

Ceased to be Insider:  2022-07-19

Security designation: Common Shares

	3423416	2019-09-05	2019-09-10	Indirect Ownership : GameCo Trust	37 - Stock split or consolidation	-18,987,588		2,712,512					
A	3499200	2020-02-18	2020-02-18	Indirect Ownership : GameCo Trust	10 - Acquisition or disposition in the public market	+150,000	1.9638	2,862,512					

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3500267	2020-02-19	2020-02-20	Indirect Ownership : GameCo Trust	10 - Acquisition or disposition in the public market	+7,100	2.0000	2,869,612						
3500270	2020-02-20	2020-02-20	Indirect Ownership : GameCo Trust	10 - Acquisition or disposition in the public market	+92,900	2.0000	2,962,512						

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<b>Insider name:</b> Aquilini, Francesco													
<b>Insider's Relationship to Issuer:</b> 3 - 10% Security Holder of Issuer, 4 - Director of Issuer													
<b>Ceased to be Insider:</b> 2022-07-19													
<b>Security designation:</b> Options (Common Shares)													
3279510	2018-12-03	2018-12-12	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
3279516	2018-12-12	2018-12-12	Direct Ownership :	50 - Grant of options	+685,000		685,000		0.1000	2028-12-12	Common Shares	+685,000	685,000

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3419211	2019-08-26	2019-09-04	Direct Ownership :	37 - Stock split or consolidation	-137,000		548,000		0.1250		Common Shares	-137,000	548,000
3419238	2019-08-30	2019-09-04	Direct Ownership :	22 - Acquisition or disposition pursuant to a take-over bid, merger or acquisition	+1,000,000		1,548,000		0.3000	2024-08-30	Common Shares	+1,000,000	1,548,000

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<b>Insider name:</b> Aquilini, Francesco													
<b>Insider's Relationship to Issuer:</b> 3 - 10% Security Holder of Issuer, 4 - Director of Issuer													
<b>Ceased to be Insider:</b> 2022-07-19													
<b>Security designation:</b> Options (Common Shares)													

3423417	2019-09-05	2019-09-10	Direct Ownership :	37 - Stock split or consolidation	-1,354,500		193,500				Common Shares	-1,354,500	193,500
3671963	2021-01-20	2021-02-02	Direct Ownership :	50 - Grant of options	+23,797		217,297		3.2000	2025-12-09	Common Shares	+23,797	217,297

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3731174	2021-04-13	2021-04-19	Direct Ownership :	50 - Grant of options	+15,857		233,154		8.7500	2026-01-01	Common Shares	+15,857	233,154
3938134	2022-04-29	2022-05-02	Direct Ownership :	50 - Grant of options	+32,638		265,792		2.7500	2027-04-20	Common Shares	+32,638	265,792

**Security designation:** RSU - can be exercised for cash or common shares (Common Shares)

3671964	2018-12-03	2021-02-02	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
3671966	2021-01-20	2021-02-02	Direct Ownership :	56 - Grant of rights	+38,494		38,494				Common Shares	+38,494	38,494
3731178	2021-04-13	2021-04-19	Direct Ownership :	56 - Grant of rights	+20,444		58,938				Common Shares	+20,444	58,938
3938136	2022-04-29	2022-05-02	Direct Ownership :	56 - Grant of rights	+49,135		108,073				Common Shares	+49,135	108,073

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**Insider name:** Aquilini, Roberto

**Insider's Relationship to Issuer:** 3 - 10% Security Holder of Issuer

**Ceased to be Insider:** 2019-08-30

**Security designation:** Common Shares

3279518	2018-12-03	2018-12-12	Direct Ownership :	00 - Opening Balance-Initial SEDI Report			3,999,500						
3419136	2019-08-26	2019-09-04	Direct Ownership :	37 - Stock split or consolidation	-799,900		3,199,600						
3419137	2019-08-30	2019-09-04	Direct Ownership :	22 - Acquisition or disposition pursuant to a take-over bid, merger or acquisition	+21,700,000		24,899,600						

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Insider name: Beckerman, Michael

Insider's Relationship to Issuer: 4 - Director of Issuer

Ceased to be Insider: Not applicable

Security designation: Common Shares

3484280	2019-08-26	2020-01-14	Direct Ownership :	00 - Opening Balance-Initial SEDI Report			41,666						
3809758	2019-08-26	2021-09-30	Indirect Ownership : Beckerman Holdings Corp.	00 - Opening Balance-Initial SEDI Report									
3809760	2021-09-30	2021-09-30	Indirect Ownership : Beckerman Holdings Corp.	10 - Acquisition or disposition in the public market	+6,000	4.4600	6,000						
3809761	2021-09-30	2021-09-30	Indirect Ownership : Beckerman Holdings Corp.	10 - Acquisition or disposition in the public market	+4,000	4.4100	10,000						

Security designation: Options (Common Shares)

3668160	2019-08-26	2021-01-25	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
3668161	2021-01-20	2021-01-25	Direct Ownership :	50 - Grant of options	+18,883	3.2000	18,883			2025-12-09	Common Shares	+18,883	18,883
3730435	2021-04-13	2021-04-19	Direct Ownership :	50 - Grant of options	+12,582	8.7500	31,465			2026-01-01	Common Shares	+12,582	31,465
3938925	2022-04-29	2022-05-03	Direct Ownership :	50 - Grant of options	+27,448	2.7500	58,913			2027-04-20	Common Shares	+27,448	58,913

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3668162	2019-08-26	2021-01-25	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
3668165	2021-01-20	2021-01-25	Direct Ownership :	56 - Grant of rights	+30,544		30,544				Common Shares	+30,544	30,544
3730434	2021-04-13	2021-04-19	Direct Ownership :	56 - Grant of rights	+16,222		46,766				Common Shares	+16,222	46,766
3938929	2022-04-29	2022-05-03	Direct Ownership :	56 - Grant of rights	+41,321		88,087				Common Shares	+41,321	88,087
4032585	2022-11-17	2022-11-21	Direct Ownership :	56 - Grant of rights	+18,028	1.1340	106,115				Common Shares	+18,028	106,115

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**Insider name:** Bernofsky, Eric

**Insider's Relationship to Issuer:** 5 - Senior Officer of Issuer

**Ceased to be Insider:** Not applicable

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**Security designation:** Common Shares

3420576	2019-08-30	2019-09-06	Direct Ownership :	00 - Opening Balance-Initial SEDI Report			2,687,941						
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Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:** Bernofsky, Eric

**Insider's Relationship to Issuer:**   5 - Senior Officer of Issuer

**Ceased to be Insider:** Not applicable

**Security designation:** Common Shares

3448651	2019-09-09	2019-11-11	Direct Ownership :	37 - Stock split or consolidation	-2,351,949		335,992						
3647206	2020-12-15	2020-12-21	Direct Ownership :	51 - Exercise of options	+259,072	0.2464	595,064						
3647213	2020-12-15	2020-12-21	Direct Ownership :	10 - Acquisition or disposition in the public market	-50,000	3.8500	545,064						

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
3664562	2020-12-31	2021-01-18	Direct Ownership :	47 - Acquisition or disposition by gift	-11,500		533,564						
3667885	2021-01-20	2021-01-25	Direct Ownership :	56 - Grant of rights	+98,594		632,158						
3803008	2021-09-10	2021-09-14	Direct Ownership :	10 - Acquisition or disposition in the public market	+5,400	5.0800	637,558						
3918311	2022-03-30	2022-03-31	Direct Ownership :	10 - Acquisition or disposition in the public market	+5,000	3.1600	642,558						
3949913	2022-05-20	2022-05-24	Direct Ownership :	10 - Acquisition or disposition in the public market	+3,000	2.6200	645,558						
4012633	2022-09-29	2022-10-04	Direct Ownership :	10 - Acquisition or disposition in the public market	+7,500	1.1000	653,058						
4033190	2022-11-21	2022-11-23	Direct Ownership :	10 - Acquisition or disposition in the public market	+5,000	0.7500	658,058						
4033192	2022-11-22	2022-11-23	Direct Ownership :	10 - Acquisition or disposition in the public market	+5,000	0.7400	663,058						
4040280	2022-12-02	2022-12-07	Direct Ownership :	51 - Exercise of options	+67,026		730,084						
4046859	2022-12-09	2022-12-19	Direct Ownership :	51 - Exercise of options	+150,000		880,084						
4046607	2022-12-16	2022-12-19	Direct Ownership :	10 - Acquisition or disposition in the public market	+5,000		885,084						

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
3663046	2019-08-30	2021-01-14	Indirect Ownership : Jabenomli Holdings Inc.	00 - Opening Balance-Initial SEDI Report									
3663047	2020-12-31	2021-01-14	Indirect Ownership : Jabenomli Holdings Inc.	54 - Exercise of warrants	+350,000	0.3740	350,000						

**Issuer name:** J55 Capital Corp.

**Legend:** O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

**Warning:** The closing balance of the " equivalent number or value of underlying securities" reflects the" total number or value of underlying securities" to which the derivative contracts held by the insider relate. This disclosure does not mean and should not be taken to indicate that the underlying securities have, in fact, been acquired or disposed of by the insider.

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
<b>Insider name:</b> Bernofsky, Eric													
<b>Insider's Relationship to Issuer:</b> 5 - Senior Officer of Issuer													
<b>Ceased to be Insider:</b> Not applicable													
<b>Security designation:</b> Options (Common Shares)													
3420577	2019-08-30	2019-09-06	Direct Ownership :	00 - Opening Balance-Initial SEDI Report			4,997,459				Common Shares		4,997,459

**Issuer name:**   Enthusiast Gaming Holdings Inc. (formerly J55 Capital Corp.)

**Legend:**       O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

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Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
<b>Insider name:</b> Bernofsky, Eric													
<b>Insider's Relationship to Issuer:</b> 5 - Senior Officer of Issuer													
<b>Ceased to be Insider:</b> Not applicable													
<b>Security designation:</b> Options (Common Shares)													
3448652	2019-09-09	2019-11-11	Direct Ownership :	37 - Stock split or consolidation	-4,372,777		624,682				Common Shares	-4,372,777	624,682
3647462	2020-11-30	2020-12-21	Direct Ownership :	51 - Exercise of options	-259,072	0.2464	365,610		0.2464	2020-11-30	Common Shares	-259,072	365,610
3667883	2021-01-20	2021-01-25	Direct Ownership :	50 - Grant of options	+60,952	3.2000	426,562				Common Shares	+60,952	426,562
3731122	2021-04-13	2021-04-19	Direct Ownership :	50 - Grant of options	+44,525	8.7500	471,087			2026-01-01	Common Shares	+44,525	471,087
3939467	2022-04-29	2022-05-04	Direct Ownership :	50 - Grant of options	+60,870		531,957		2.7500	2027-04-20	Common Shares	+60,870	531,957
4040276	2022-12-02	2022-12-07	Direct Ownership :	51 - Exercise of options	-178,669		353,288				Common Shares	-178,669	353,288

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
4046856	2022-12-09	2022-12-19	Direct Ownership :	51 - Exercise of options	+150,000		503,288				Common Shares	+150,000	503,288

**Security designation:** RSU - can be exercised for cash or common shares (Common Shares)

3731119	2019-08-30	2021-04-19	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
3731121	2021-04-13	2021-04-19	Direct Ownership :	56 - Grant of rights	+57,407		57,407				Common Shares	+57,407	57,407
3939800	2022-04-29	2022-05-04	Direct Ownership :	56 - Grant of rights	+91,636		149,043				Common Shares	+91,636	149,043

**Issuer name:** J55 Capital Corp.

**Legend:** O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

**Warning:** The closing balance of the " equivalent number or value of underlying securities" reflects the" total number or value of underlying securities" to which the derivative contracts held by the insider relate. This disclosure does not mean and should not be taken to indicate that the underlying securities have, in fact, been acquired or disposed of by the insider.

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:** Bernofsky, Eric

**Insider's Relationship to Issuer:** 5 - Senior Officer of Issuer

**Ceased to be Insider:** Not applicable



Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Security designation:** Warrants (Common Shares EGH W to J55 CS)

O	3420749	2019-08-30	2019-09-06	Direct Ownership :	00 - Opening Balance-Initial SEDI Report						Common Shares EGH W to J55 CS		
A	3420749	2019-08-30	2019-11-11	Direct Ownership :	00 - Opening Balance-Initial SEDI Report		67,338				Common Shares EGH W to J55 CS		67,338

**Issuer name:** Enthusiast Gaming Holdings Inc. (formerly J55 Capital Corp.)

**Legend:** O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

**Warning:** The closing balance of the " equivalent number or value of underlying securities" reflects the" total number or value of underlying securities" to which the derivative contracts held by the insider relate. This disclosure does not mean and should not be taken to indicate that the underlying securities have, in fact, been acquired or disposed of by the insider.

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:** Bernofsky, Eric

**Insider's Relationship to Issuer:** 5 - Senior Officer of Issuer

**Ceased to be Insider:** Not applicable

**Security designation:** Warrants (Common Shares EGH W to J55 CS)

3448653	2019-09-09	2019-11-11	Direct Ownership :	37 - Stock split or consolidation	-58,921		8,417				Common Shares EGH W to J55 CS	-58,921	8,417
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**Security designation:** Warrants (Common Shares EGH Warrants exercisable into EGH Common Shares)

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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3663018	2019-08-30	2021-01-14	Indirect Ownership : Jabenomli Holdings Inc.	00 - Opening Balance-Initial SEDI Report							Common Shares EGH Warrants exercisable into EGH Common Shares		
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3663019	2020-12-31	2021-01-14	Indirect Ownership : Jabenomli Holdings Inc.	11 - Acquisition or disposition carried out privately	+350,000	0.3740	350,000				Common Shares EGH Warrants exercisable into EGH Common Shares	+350,000	350,000
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3663045	2020-12-31	2021-01-14	Indirect Ownership : Jabenomli Holdings Inc.	54 - Exercise of warrants	-350,000	0.3740	0				Common Shares EGH Warrants exercisable into EGH Common Shares	-350,000	0
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**Insider name:** Blue Ant Media Inc.

**Insider's Relationship to Issuer:** 3 - 10% Security Holder of Issuer

**Ceased to be Insider:** Not applicable

**Security designation:** Common Shares

3596402	2020-08-31	2020-09-02	Direct Ownership :	00 - Opening Balance-Initial SEDI Report			18,250,000						
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3677503	2021-02-10	2021-02-10	Direct Ownership :	15 - Acquisition or disposition under a prospectus	-2,817,500	5.7500	15,432,500						
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3765315	2021-06-21	2021-06-22	Direct Ownership :	15 - Acquisition or disposition under a prospectus	-600,000	5.7500 USD	14,832,500						
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**Insider name:** Brien, Nicolas

**Insider's Relationship to Issuer:** 5 - Senior Officer of Issuer

**Ceased to be Insider:** Not applicable

**Security designation:** Options (Common Shares)

4089239	2023-03-01	2023-03-06	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
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Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
4089248	2023-03-01	2023-03-06	Direct Ownership :	50 - Grant of options	+6,062,976	0.9100	6,062,976			2033-03-01	Common Shares	+6,062,976	6,062,976

**Issuer name:** J55 Capital Corp.

**Legend:** O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

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Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
<b>Insider name:</b> Bulua, Meir													
<b>Insider's Relationship to Issuer:</b> 5 - Senior Officer of Issuer													
<b>Ceased to be Insider:</b> 2020-10-01													

<b>Security designation:</b> Common Shares													
3420578	2019-08-30	2019-09-06	Direct Ownership :	00 - Opening Balance-Initial SEDI Report			7,363,575						

**Issuer name:** Enthusiast Gaming Holdings Inc. (formerly J55 Capital Corp.)

**Legend:** O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

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Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:** Bulua, Meir

**Insider's Relationship to Issuer:** 5 - Senior Officer of Issuer

**Ceased to be Insider:** 2020-10-01

**Security designation:** Common Shares

3448646	2019-09-09	2019-11-11	Direct Ownership :	37 - Stock split or consolidation	-6,443,129		920,446						
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**Issuer name:** J55 Capital Corp.

**Legend:** O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

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Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:** Bulua, Meir

**Insider's Relationship to Issuer:** 5 - Senior Officer of Issuer

**Ceased to be Insider:** 2020-10-01

**Security designation:** Common Shares

3420579	2019-08-30	2019-09-06	Indirect Ownership : LeverageIT Corp.	00 - Opening Balance-Initial SEDI Report			1,519,200						
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Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Issuer name:**   Enthusiast Gaming Holdings Inc. (formerly J55 Capital Corp.)

**Legend:**       O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

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Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:**   Bulua, Meir

**Insider's Relationship to Issuer:**   5 - Senior Officer of Issuer

**Ceased to be Insider:**   2020-10-01

**Security designation:** Common Shares

3448647	2019-09-09	2019-11-11	Indirect Ownership : LeverageIT Corp.	37 - Stock split or consolidation	-1,329,300		189,900						
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**Issuer name:**   J55 Capital Corp.

**Legend:**       O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

**Warning:**       The closing balance of the " equivalent number or value of underlying securities" reflects the" total number or value of underlying securities" to which the derivative contracts held by the insider relate. This disclosure does not mean and should not be taken to indicate that the underlying securities have, in fact, been acquired or disposed of by the insider.

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:** Bulua, Meir

**Insider's Relationship to Issuer:** 5 - Senior Officer of Issuer

**Ceased to be Insider:** 2020-10-01

**Security designation:** Options (Common Shares)

3420581	2019-08-30	2019-09-06	Direct Ownership :	00 - Opening Balance-Initial SEDI Report			1,708,264				Common Shares		1,708,264
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**Issuer name:** Enthusiast Gaming Holdings Inc. (formerly J55 Capital Corp.)

**Legend:** O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

**Warning:** The closing balance of the " equivalent number or value of underlying securities" reflects the" total number or value of underlying securities" to which the derivative contracts held by the insider relate. This disclosure does not mean and should not be taken to indicate that the underlying securities have, in fact, been acquired or disposed of by the insider.

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:** Bulua, Meir

**Insider's Relationship to Issuer:** 5 - Senior Officer of Issuer

**Ceased to be Insider:** 2020-10-01

**Security designation:** Options (Common Shares)

3448649	2019-09-09	2019-11-11	Direct Ownership :	37 - Stock split or consolidation	-1,494,731		213,533				Common Shares	-1,494,731	213,533
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Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:** Chase, Robert Scott

**Insider's Relationship to Issuer:** 4 - Director of Issuer

**Ceased to be Insider:** Not applicable

**Security designation:** Options (Common Shares)

3667861	2020-08-31	2021-01-25	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
3667865	2021-01-20	2021-01-25	Direct Ownership :	50 - Grant of options	+6,294		6,294		3.2000	2025-12-09	Common Shares	+6,294	6,294
3667866	2021-01-20	2021-01-25	Direct Ownership :	56 - Grant of rights	+10,181		16,475				Common Shares	+10,181	16,475
3730468	2021-04-13	2021-04-19	Direct Ownership :	50 - Grant of options	+12,582	8.7500	29,057		8.7500	2026-01-01	Common Shares	+12,582	29,057

**Security designation:** RSU - can be exercised for cash or common shares (Common Shares)

3730603	2020-08-31	2021-04-19	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
3730610	2021-04-13	2021-04-19	Direct Ownership :	56 - Grant of rights	+16,222		16,222				Common Shares	+16,222	16,222

**Insider name:** Colabrese, Ben

**Insider's Relationship to Issuer:** 4 - Director of Issuer

**Ceased to be Insider:** Not applicable

**Security designation:** Common Shares

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
3630015	2019-08-30	2020-11-23	Direct Ownership :	00 - Opening Balance-Initial SEDI Report									
3630023	2020-11-23	2020-11-23	Direct Ownership :	10 - Acquisition or disposition in the public market	+10,000	3.1260	10,000						
3808752	2021-09-28	2021-09-28	Direct Ownership :	10 - Acquisition or disposition in the public market	+10,000	4.4300	20,000						

**Issuer name:** J55 Capital Corp.

**Legend:** O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

**Warning:** The closing balance of the " equivalent number or value of underlying securities" reflects the" total number or value of underlying securities" to which the derivative contracts held by the insider relate. This disclosure does not mean and should not be taken to indicate that the underlying securities have, in fact, been acquired or disposed of by the insider.

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:** Colabrese, Ben

**Insider's Relationship to Issuer:** 4 - Director of Issuer

**Ceased to be Insider:** Not applicable

**Security designation:** Options (Common Shares)

3420455	2019-08-30	2019-09-06	Direct Ownership :	00 - Opening Balance-Initial SEDI Report			316,500				Common Shares		316,500
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Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Issuer name:**
 Enthusiast Gaming Holdings Inc. (formerly J55 Capital Corp.)

**Legend:**
 O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.  
  
 Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

**Warning:**
 The closing balance of the " equivalent number or value of underlying securities" reflects the" total number or value of underlying securities" to which the derivative contracts held by the insider relate. This disclosure does not mean and should not be taken to indicate that the underlying securities have, in fact, been acquired or disposed of by the insider.

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:**
 Colabrese, Ben

**Insider's Relationship to Issuer:**
 4 - Director of Issuer

**Ceased to be Insider:**
 Not applicable

**Security designation:**
 Options (Common Shares)

	3677939	2019-08-30	2021-02-11	Direct Ownership :	37 - Stock split or consolidation	-276,938		39,562	39,562		Common Shares	-276,938	39,562
	3667864	2021-01-20	2021-01-25	Direct Ownership :	50 - Grant of options	+18,883		58,445	3.2000	2025-12-09	Common Shares	+18,883	58,445
O	3667872	2021-01-20	2021-01-25	Direct Ownership :	56 - Grant of rights	+30,544					Common Shares	+30,544	
	3730966	2021-04-13	2021-04-19	Direct Ownership :	50 - Grant of options	+12,582		71,027	8.7500	2026-01-01	Common Shares	+12,582	71,027

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
3938180	2022-04-29	2022-05-02	Direct Ownership :	50 - Grant of options	+27,448		98,475		2.7500	2027-04-20	Common Shares	+27,448	98,475

**Security designation:** RSU - can be exercised for cash or common shares (Common Shares)

	3677941	2019-08-30	2021-02-11	Direct Ownership :	00 - Opening Balance-Initial SEDI Report						Common Shares		
A	3667872	2021-01-20	2021-02-11	Direct Ownership :	56 - Grant of rights	+30,544	30,544	30,544			Common Shares	+30,544	30,544
	3730964	2021-04-13	2021-04-19	Direct Ownership :	56 - Grant of rights	+16,222	46,766	46,766			Common Shares	+16,222	46,766
O	3938184	2022-04-29	2022-05-02	Direct Ownership :	56 - Grant of rights	+41,321				2027-04-20	Common Shares	+41,321	
A	3938184	2022-04-29	2022-05-02	Direct Ownership :	56 - Grant of rights	+41,321	88,087	88,087			Common Shares	+41,321	88,087
	4032475	2022-11-17	2022-11-21	Direct Ownership :	56 - Grant of rights	+18,108	106,195				Common Shares	+18,108	106,195

**Insider name:** Elliott, John-Bradley Evans

**Insider's Relationship to Issuer:** 5 - Senior Officer of Issuer

**Ceased to be Insider:** Not applicable

**Security designation:** Options (Common Shares)

	4032574	2022-08-15	2022-11-21	Direct Ownership :	00 - Opening Balance-Initial SEDI Report						Common Shares		
	4032578	2022-11-17	2022-11-21	Direct Ownership :	50 - Grant of options	+51,403	1.1300	51,403		2027-11-17	Common Shares	+51,403	51,403

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Security designation:** RSU - can be exercised for cash or common shares (Common Shares)

4032569	2022-08-15	2022-11-21	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
4032573	2022-11-17	2022-11-21	Direct Ownership :	56 - Grant of rights	+76,397	1.1340	76,397				Common Shares	+76,397	76,397

**Issuer name:** J55 Capital Corp.

**Legend:** O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

**Warning:** The closing balance of the " equivalent number or value of underlying securities" reflects the" total number or value of underlying securities" to which the derivative contracts held by the insider relate. This disclosure does not mean and should not be taken to indicate that the underlying securities have, in fact, been acquired or disposed of by the insider.

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:** Friedman, Alan Mark

**Insider's Relationship to Issuer:** 4 - Director of Issuer

**Ceased to be Insider:** Not applicable

**Security designation:** Common Shares

3420467	2019-08-30	2019-09-06	Direct Ownership :	00 - Opening Balance-Initial SEDI Report			1,611,440						
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**Issuer name:**   Enthusiast Gaming Holdings Inc. (formerly J55 Capital Corp.)

**Legend:**       O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

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<b>Insider name:</b> Friedman, Alan Mark													
<b>Insider's Relationship to Issuer:</b> 4 - Director of Issuer													
<b>Ceased to be Insider:</b> Not applicable													
<b>Security designation:</b> Common Shares													
3448654	2019-09-09	2019-11-11	Direct Ownership :	37 - Stock split or consolidation	-1,410,010		201,430						
3668273	2021-01-25	2021-01-25	Direct Ownership :	51 - Exercise of options	+292,151	292151.0000	493,581						
4025351	2022-10-31	2022-11-04	Direct Ownership :	51 - Exercise of options	+17,959	0.8000	511,540						

**Issuer name:**   J55 Capital Corp.

**Legend:**       O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

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**Insider name:** Friedman, Alan Mark

**Insider's Relationship to Issuer:** 4 - Director of Issuer

**Ceased to be Insider:** Not applicable

**Security designation:** Common Shares

3420471	2019-08-30	2019-09-06	Indirect Ownership : Esmys Family Trust	00 - Opening Balance-Initial SEDI Report			2,532,000						
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**Issuer name:** Enthusiast Gaming Holdings Inc. (formerly J55 Capital Corp.)

**Legend:** O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

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**Insider name:** Friedman, Alan Mark

**Insider's Relationship to Issuer:** 4 - Director of Issuer

**Ceased to be Insider:** Not applicable

**Security designation:** Common Shares

3448655	2019-09-09	2019-11-11	Indirect Ownership : Esmys Family Trust	37 - Stock split or consolidation	-2,215,500		316,500						
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Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Issuer name:** J55 Capital Corp.

**Legend:** O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

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Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:** Friedman, Alan Mark

**Insider's Relationship to Issuer:** 4 - Director of Issuer

**Ceased to be Insider:** Not applicable

**Security designation:** Common Shares

3420476	2019-08-30	2019-09-06	Indirect Ownership : Grayston Capital Investments Inc.	00 - Opening Balance-Initial SEDI Report			502,378						
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**Issuer name:** Enthusiast Gaming Holdings Inc. (formerly J55 Capital Corp.)

**Legend:** O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

**Warning:** The closing balance of the " equivalent number or value of underlying securities" reflects the" total number or value of underlying securities" to which the derivative contracts held by the insider relate. This disclosure does not mean and should not be taken to indicate that the underlying securities have, in fact, been acquired or disposed of by the insider.

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:** Friedman, Alan Mark

**Insider's Relationship to Issuer:** 4 - Director of Issuer

**Ceased to be Insider:** Not applicable

**Security designation:** Common Shares

3448656	2019-09-09	2019-11-11	Indirect Ownership : Grayston Capital Investments Inc.	37 - Stock split or consolidation	-439,581		62,797						
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**Issuer name:** J55 Capital Corp.

**Legend:** O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

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**Insider name:** Friedman, Alan Mark

**Insider's Relationship to Issuer:** 4 - Director of Issuer

**Ceased to be Insider:** Not applicable

**Security designation:** Options (Common Shares)

3420482	2019-08-30	2019-09-06	Direct Ownership :	00 - Opening Balance-Initial SEDI Report			4,315,452				Common Shares		4,315,452
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Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Issuer name:**   Enthusiast Gaming Holdings Inc. (formerly J55 Capital Corp.)

**Legend:**       O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

**Warning:**       The closing balance of the " equivalent number or value of underlying securities" reflects the" total number or value of underlying securities" to which the derivative contracts held by the insider relate. This disclosure does not mean and should not be taken to indicate that the underlying securities have, in fact, been acquired or disposed of by the insider.

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:** Friedman, Alan Mark

**Insider's Relationship to Issuer:**   4 - Director of Issuer

**Ceased to be Insider:** Not applicable

**Security designation:** Options (Common Shares)

3448657	2019-09-09	2019-11-11	Direct Ownership :	37 - Stock split or consolidation	-3,776,021		539,431				Common Shares	-3,776,021	539,431
3668265	2021-01-20	2021-01-25	Direct Ownership :	50 - Grant of options	+18,883	3.2000	558,314		3.2000	2026-01-20	Common Shares	+18,883	558,314
3668272	2021-01-25	2021-01-25	Direct Ownership :	51 - Exercise of options	-292,151	3.2000	266,163		3.2000	2026-01-20	Common Shares	-292,151	266,163
3730951	2021-04-13	2021-04-19	Direct Ownership :	50 - Grant of options	+12,582		278,745	278,745	8.7500	2026-01-01	Common Shares	+12,582	278,745



Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
3938213	2022-04-29	2022-05-02	Direct Ownership :	50 - Grant of options	+27,448	2.7500	306,193		2.7500	2027-04-20	Common Shares	+27,448	306,193
4025349	2022-10-31	2022-11-04	Direct Ownership :	51 - Exercise of options	-17,959	0.8000	288,234		0.8000	2022-10-17	Common Shares	-17,959	288,234

**Issuer name:** J55 Capital Corp.

**Legend:** O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

**Warning:** The closing balance of the " equivalent number or value of underlying securities" reflects the" total number or value of underlying securities" to which the derivative contracts held by the insider relate. This disclosure does not mean and should not be taken to indicate that the underlying securities have, in fact, been acquired or disposed of by the insider.

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:** Friedman, Alan Mark

**Insider's Relationship to Issuer:** 4 - Director of Issuer

**Ceased to be Insider:** Not applicable

**Security designation:** Options (Common Shares)

3420486	2019-08-30	2019-09-06	Indirect Ownership : Grayston Capital Investments Inc.	00 - Opening Balance-Initial SEDI Report			1,436,778				Common Shares		143,678
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**Issuer name:**   Enthusiast Gaming Holdings Inc. (formerly J55 Capital Corp.)

**Legend:**       O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

**Warning:**       The closing balance of the " equivalent number or value of underlying securities" reflects the" total number or value of underlying securities" to which the derivative contracts held by the insider relate. This disclosure does not mean and should not be taken to indicate that the underlying securities have, in fact, been acquired or disposed of by the insider.

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
<b>Insider name:</b> Friedman, Alan Mark													
<b>Insider's Relationship to Issuer:</b> 4 - Director of Issuer													
<b>Ceased to be Insider:</b> Not applicable													
<b>Security designation:</b> Options (Common Shares)													
3448658	2019-09-09	2019-11-11	Indirect Ownership : Grayston Capital Investments Inc.	37 - Stock split or consolidation	-1,257,181		179,597				Common Shares	-1,257,181	-1,113,503
<b>Security designation:</b> RSU - can be exercised for cash or common shares (Common Shares)													
3668266	2019-08-30	2021-01-25	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
3668268	2021-01-20	2021-01-25	Direct Ownership :	56 - Grant of rights	+30,544		30,544				Common Shares	+30,544	30,544
3730946	2021-04-13	2021-04-19	Direct Ownership :	56 - Grant of rights	+16,222		46,766				Common Shares	+16,222	46,766
3938215	2022-04-29	2022-05-02	Direct Ownership :	56 - Grant of rights	+41,321		88,087				Common Shares	+41,321	88,087
4032487	2022-11-17	2022-11-21	Direct Ownership :	56 - Grant of rights	+15,199		103,286				Common Shares	+15,199	103,286

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:** Goldhill, David

**Insider's Relationship to Issuer:** 4 - Director of Issuer

**Ceased to be Insider:** Not applicable

**Security designation:** Options (Common Shares)

4032871	2022-07-19	2022-11-22	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
4032872	2022-11-17	2022-11-22	Direct Ownership :	50 - Grant of options	+30,652	1.1300	30,652			2027-11-17	Common Shares	+30,652	30,652

**Security designation:** RSU - can be exercised for cash or common shares (Common Shares)

4032868	2022-07-19	2022-11-22	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
4032870	2022-11-17	2022-11-22	Direct Ownership :	56 - Grant of rights	+59,300	1.1340	59,300				Common Shares	+59,300	59,300

**Issuer name:** J55 Capital Corp.

**Legend:** O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

**Warning:** The closing balance of the " equivalent number or value of underlying securities" reflects the" total number or value of underlying securities" to which the derivative contracts held by the insider relate. This disclosure does not mean and should not be taken to indicate that the underlying securities have, in fact, been acquired or disposed of by the insider.

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:** Helmel, Alexander

**Insider's Relationship to Issuer:** 4 - Director of Issuer

**Ceased to be Insider:** 2019-08-30

**Security designation:** Common Shares

3279780	2018-12-03	2018-12-12	Direct Ownership :	00 - Opening Balance-Initial SEDI Report			375,000						
3418672	2019-08-26	2019-09-03	Direct Ownership :	37 - Stock split or consolidation	-75,000		300,000						
3418677	2019-08-30	2019-09-03	Direct Ownership :	22 - Acquisition or disposition pursuant to a take-over bid, merger or acquisition	+1,000,000		1,300,000						

**Security designation:** Options (Common Shares)

3279781	2018-12-03	2018-12-12	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
3279782	2018-12-12	2018-12-12	Direct Ownership :	50 - Grant of options	+40,000		40,000		0.1000	2028-12-12	Common Shares	+40,000	40,000
3418673	2019-08-26	2019-09-03	Direct Ownership :	37 - Stock split or consolidation	-8,000		32,000		0.1250		Common Shares	-8,000	32,000

**Insider name:** Kestenbaum, Menashe

**Insider's Relationship to Issuer:** 4 - Director of Issuer, 5 - Senior Officer of Issuer

**Ceased to be Insider:** 2022-03-30

**Security designation:** Common Shares

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
3420504	2019-08-30	2019-09-06	Direct Ownership :	00 - Opening Balance-Initial SEDI Report			6,620,449						

**Issuer name:** Enthusiast Gaming Holdings Inc. (formerly J55 Capital Corp.)

**Legend:** O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

**Warning:** The closing balance of the " equivalent number or value of underlying securities" reflects the" total number or value of underlying securities" to which the derivative contracts held by the insider relate. This disclosure does not mean and should not be taken to indicate that the underlying securities have, in fact, been acquired or disposed of by the insider.

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:** Kestenbaum, Menashe

**Insider's Relationship to Issuer:** 4 - Director of Issuer, 5 - Senior Officer of Issuer

**Ceased to be Insider:** 2022-03-30

**Security designation:** Common Shares

3448659	2019-09-09	2019-11-11	Direct Ownership :	37 - Stock split or consolidation	-5,792,893		827,556						
3620557	2020-10-29	2020-11-02	Direct Ownership :	11 - Acquisition or disposition carried out privately	-24,924		802,632						
3662449	2020-12-29	2021-01-13	Direct Ownership :	54 - Exercise of warrants	+483,452	0.3740	1,286,084						

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
3667891	2021-01-20	2021-01-25	Direct Ownership :	56 - Grant of rights	+118,826		1,404,910						

**Issuer name:** J55 Capital Corp.

**Legend:** O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

**Warning:** The closing balance of the " equivalent number or value of underlying securities" reflects the" total number or value of underlying securities" to which the derivative contracts held by the insider relate. This disclosure does not mean and should not be taken to indicate that the underlying securities have, in fact, been acquired or disposed of by the insider.

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
<b>Insider name:</b> Kestenbaum, Menashe													
<b>Insider's Relationship to Issuer:</b> 4 - Director of Issuer, 5 - Senior Officer of Issuer													
<b>Ceased to be Insider:</b> 2022-03-30													

<b>Security designation:</b> Common Shares													
3420513	2019-08-30	2019-09-06	Indirect Ownership : KFPH Vest Holdings Inc.	00 - Opening Balance-Initial SEDI Report			4,979,600						

**Issuer name:** Enthusiast Gaming Holdings Inc. (formerly J55 Capital Corp.)

**Legend:** O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

**Warning:** The closing balance of the " equivalent number or value of underlying securities" reflects the" total number or value of underlying securities" to which the derivative contracts held by the insider relate. This disclosure does not mean and should not be taken to indicate that the underlying securities have, in fact, been acquired or disposed of by the insider.

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:** Kestenbaum, Menashe

**Insider's Relationship to Issuer:** 4 - Director of Issuer, 5 - Senior Officer of Issuer

**Ceased to be Insider:** 2022-03-30

**Security designation:** Common Shares

3448660	2019-09-09	2019-11-11	Indirect Ownership : KFPH Vest Holdings Inc.	37 - Stock split or consolidation	-4,357,150		622,450						
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**Issuer name:** J55 Capital Corp.

**Legend:** O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

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**Insider name:** Kestenbaum, Menashe

**Insider's Relationship to Issuer:** 4 - Director of Issuer, 5 - Senior Officer of Issuer

**Ceased to be Insider:** 2022-03-30

**Security designation:** Options (Common Shares)

3420519	2019-08-30	2019-09-06	Direct Ownership :	00 - Opening Balance-Initial SEDI Report			2,592,966				Common Shares		2,592,966
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Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Issuer name:**   Enthusiast Gaming Holdings Inc. (formerly J55 Capital Corp.)

**Legend:**       O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

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Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:**   Kestenbaum, Menashe

**Insider's Relationship to Issuer:**   4 - Director of Issuer, 5 - Senior Officer of Issuer

**Ceased to be Insider:**   2022-03-30

<b>Security designation:</b> Options (Common Shares)													
3448661	2019-09-09	2019-11-11	Direct Ownership :	37 - Stock split or consolidation	-2,268,846		324,120				Common Shares	-2,268,846	324,120
3667890	2021-01-20	2021-01-25	Direct Ownership :	50 - Grant of options	+73,460	3.2000	397,580				Common Shares	+73,460	397,580
3731117	2021-04-13	2021-04-19	Direct Ownership :	50 - Grant of options	+85,315	8.7500	482,895			2026-01-01	Common Shares	+85,315	482,895

**Security designation:** RSU - can be exercised for cash or common shares (Common Shares)

3731115	2019-08-30	2021-04-19	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
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Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
3731116	2021-04-13	2021-04-19	Direct Ownership :	56 - Grant of rights	+110,000		110,000				Common Shares	+110,000	110,000

**Security designation:** Warrants (Common Shares EGH W to J55 CS)

O	3420754	2019-08-30	2019-09-06	Direct Ownership :	00 - Opening Balance-Initial SEDI Report						Common Shares EGH W to J55 CS		
A	3420754	2019-08-30	2019-11-11	Direct Ownership :	00 - Opening Balance-Initial SEDI Report		6,667,629				Common Shares EGH W to J55 CS		6,667,629
	3448662	2019-09-09	2019-11-11	Direct Ownership :	37 - Stock split or consolidation	-5,834,176		833,453			Common Shares EGH W to J55 CS	-5,834,176	833,453
	3489094	2020-01-06	2020-01-28	Direct Ownership :	97 - Other	-131,875	0.3743	701,578		2023-09-21	Common Shares EGH W to J55 CS	-131,875	701,578
	3662441	2020-12-29	2021-01-13	Direct Ownership :	54 - Exercise of warrants	-483,452	0.3740	218,126			Common Shares EGH W to J55 CS	-483,452	218,126

**Insider name:** Lee, Janny

**Insider's Relationship to Issuer:** 4 - Director of Issuer

**Ceased to be Insider:** Not applicable

**Security designation:** Options (Common Shares)

	4032600	2022-07-19	2022-11-21	Direct Ownership :	00 - Opening Balance-Initial SEDI Report						Common Shares		
	4032601	2022-11-17	2022-11-21	Direct Ownership :	50 - Grant of options	+30,652	1.1300	30,652		2027-11-17	Common Shares	+30,652	30,652

**Security designation:** RSU - can be exercised for cash or common shares (Common Shares)

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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	4032598	2022-07-19	2022-11-21	Direct Ownership :	00 - Opening Balance-Initial SEDI Report						Common Shares		
O	4032599	2022-11-17	2022-11-21	Direct Ownership :	56 - Grant of rights	+15,199	1.1340				Common Shares	+15,199	
A	4032599	2022-11-17	2022-11-22	Direct Ownership :	56 - Grant of rights	+60,755	1.1340	60,755			Common Shares	+60,755	60,755

**Insider name:** Macdonald, Alexander Ross

**Insider's Relationship to Issuer:** 5 - Senior Officer of Issuer

**Ceased to be Insider:** Not applicable

**Security designation:** Common Shares

	3563773	2019-08-30	2020-06-16	Direct Ownership :	00 - Opening Balance-Initial SEDI Report								
	3563775	2020-06-12	2020-06-16	Direct Ownership :	10 - Acquisition or disposition in the public market	+16,700	1.5000	16,700	16,700				
	3563776	2020-06-15	2020-06-16	Direct Ownership :	10 - Acquisition or disposition in the public market	+3,300	1.5000	20,000	20,000				

**Security designation:** Options (Common Shares)

O	3422390	2019-08-30	2019-09-09	Direct Ownership :	00 - Opening Balance-Initial SEDI Report						Common Shares		
A	3422390	2019-08-30	2019-09-09	Direct Ownership :	00 - Opening Balance-Initial SEDI Report			1,500,000			Common Shares		1,500,000
	3563784	2019-08-30	2020-06-16	Direct Ownership :	37 - Stock split or consolidation	-1,312,500		187,500	187,500		Common Shares	-1,312,500	187,500

Transaction ID		Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
	3667821	2021-01-20	2021-01-25	Direct Ownership :	50 - Grant of options	+124,649		312,149	312,149	3.2000	2024-12-09	Common Shares	+124,649	312,149
O	3730372	2021-04-13	2021-04-18	Direct Ownership :	50 - Grant of options	+66,741			378,890	8.7500	2026-01-01	Common Shares	+66,741	
A	3730372	2021-04-13	2021-04-18	Direct Ownership :	50 - Grant of options	+51,764		363,913	363,913	8.7500	2026-01-01	Common Shares	+51,764	363,913
	3938191	2022-04-29	2022-05-02	Direct Ownership :	50 - Grant of options	+123,219		487,132	487,132	2.7500	2027-04-20	Common Shares	+123,219	487,132
Security designation: Rights Restricted Share Units (Common Shares)														
	3667819	2019-08-30	2021-01-25	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
	3667820	2021-01-20	2021-01-25	Direct Ownership :	56 - Grant of rights	+226,268		226,268	226,268			Common Shares	+226,268	226,268
	3730373	2021-04-13	2021-04-18	Direct Ownership :	56 - Grant of rights	+66,741		293,009	293,009			Common Shares	+66,741	293,009
	3938192	2022-04-29	2022-05-02	Direct Ownership :	56 - Grant of rights	+185,500		478,509	478,509			Common Shares	+185,500	478,509
Insider name: Maida, Stephen James														
Insider's Relationship to Issuer: 4 - Director of Issuer														
Ceased to be Insider: 2020-12-08														
Security designation: Common Shares														
O	3517144	2019-08-29	2020-03-13	Direct Ownership :	00 - Opening Balance-Initial SEDI Report									

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
A	3517144	2019-08-29	2020-03-16	Direct Ownership :	00 - Opening Balance-Initial SEDI Report								
A '	3517144	2019-08-29	2020-12-18	Direct Ownership :	00 - Opening Balance-Initial SEDI Report		60,000,000						
3518453	2019-09-09	2020-03-16	Direct Ownership :	37 - Stock split or consolidation	-52,500,000		7,500,000						
3517146	2020-03-11	2020-03-13	Direct Ownership :	10 - Acquisition or disposition in the public market	+42,500	1.5300	7,542,500						

Security designation: Options (Common Shares)

O	3518454	2019-08-29	2020-03-16	Direct Ownership :	00 - Opening Balance-Initial SEDI Report						Common Shares		
A	3518454	2019-08-29	2020-12-18	Direct Ownership :	00 - Opening Balance-Initial SEDI Report		2,000,000				Common Shares		2,000,000
3518455	2019-09-09	2020-03-16	Direct Ownership :	37 - Stock split or consolidation	-1,750,000		250,000				Common Shares	-1,750,000	250,000

Issuer name: J55 Capital Corp.

Legend: O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

Warning: The closing balance of the " equivalent number or value of underlying securities" reflects the" total number or value of underlying securities" to which the derivative contracts held by the insider relate. This disclosure does not mean and should not be taken to indicate that the underlying securities have, in fact, been acquired or disposed of by the insider.

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:** Montgomery, Adrian Taylor

**Insider's Relationship to Issuer:** 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer

**Ceased to be Insider:** Not applicable

**Security designation:** Common Shares

3279500	2018-12-03	2018-12-12	Direct Ownership :	00 - Opening Balance-Initial SEDI Report			3,999,500						
3419490	2019-08-26	2019-09-04	Direct Ownership :	37 - Stock split or consolidation	-799,900		3,199,600						
3419493	2019-08-30	2019-09-04	Direct Ownership :	22 - Acquisition or disposition pursuant to a take-over bid, merger or acquisition	+21,950,000		25,149,600						

**Issuer name:** Enthusiast Gaming Holdings Inc. (formerly J55 Capital Corp.)

**Legend:** O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

**Warning:** The closing balance of the " equivalent number or value of underlying securities" reflects the" total number or value of underlying securities" to which the derivative contracts held by the insider relate. This disclosure does not mean and should not be taken to indicate that the underlying securities have, in fact, been acquired or disposed of by the insider.

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:** Montgomery, Adrian Taylor

**Insider's Relationship to Issuer:** 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer

**Ceased to be Insider:** Not applicable

**Security designation:** Common Shares

3423413	2019-09-05	2019-09-10	Direct Ownership :	37 - Stock split or consolidation	-22,005,900		3,143,700						
3441740	2019-10-17	2019-10-25	Direct Ownership :	10 - Acquisition or disposition in the public market	+50,000	1.9900	3,193,700						
3554363	2020-05-26	2020-05-26	Direct Ownership :	10 - Acquisition or disposition in the public market	+5,000	1.8000	3,198,700						
3802766	2021-09-10	2021-09-13	Direct Ownership :	10 - Acquisition or disposition in the public market	+10,000	5.0500	3,208,700						
3802768	2021-09-10	2021-09-13	Direct Ownership :	10 - Acquisition or disposition in the public market	+10,000	5.0700	3,218,700						

**Issuer name:** J55 Capital Corp.

**Legend:** O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

**Warning:** The closing balance of the " equivalent number or value of underlying securities" reflects the" total number or value of underlying securities" to which the derivative contracts held by the insider relate. This disclosure does not mean and should not be taken to indicate that the underlying securities have, in fact, been acquired or disposed of by the insider.

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:** Montgomery, Adrian Taylor

**Insider's Relationship to Issuer:** 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer

**Ceased to be Insider:** Not applicable

**Security designation:** Options (Common Shares)

3279502	2018-12-03	2018-12-12	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
3279503	2018-12-12	2018-12-12	Direct Ownership :	50 - Grant of options	+685,000		685,000		0.1000	2028-12-12	Common Shares	+685,000	685,000
3419491	2019-08-26	2019-09-04	Direct Ownership :	37 - Stock split or consolidation	-137,000		548,000		0.1250		Common Shares	-137,000	548,000
3419492	2019-08-30	2019-09-04	Direct Ownership :	22 - Acquisition or disposition pursuant to a take-over bid, merger or acquisition	+3,000,000		3,548,000		0.3000	2024-08-30	Common Shares	+3,000,000	3,548,000

**Issuer name:** Enthusiast Gaming Holdings Inc. (formerly J55 Capital Corp.)

**Legend:** O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

**Warning:** The closing balance of the " equivalent number or value of underlying securities" reflects the" total number or value of underlying securities" to which the derivative contracts held by the insider relate. This disclosure does not mean and should not be taken to indicate that the underlying securities have, in fact, been acquired or disposed of by the insider.

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
<b>Insider name:</b> Montgomery, Adrian Taylor													
<b>Insider's Relationship to Issuer:</b> 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer													
<b>Ceased to be Insider:</b> Not applicable													
<b>Security designation:</b> Options (Common Shares)													
3423414	2019-09-05	2019-09-10	Direct Ownership :	37 - Stock split or consolidation	-3,104,500		443,500				Common Shares	-3,104,500	443,500
3669802	2021-01-20	2021-01-28	Direct Ownership :	50 - Grant of options	+313,847	3.2000	757,347			2025-12-09	Common Shares	+313,847	757,347
3731317	2021-04-13	2021-04-19	Direct Ownership :	50 - Grant of options	+189,590		946,937		8.7500	2026-01-01	Common Shares	+189,590	946,937
3938282	2022-04-29	2022-05-03	Direct Ownership :	50 - Grant of options	+292,271		1,239,208		2.7500	2027-04-20	Common Shares	+292,271	1,239,208
<b>Security designation:</b> RSU - can be exercised for cash or common shares (Common Shares)													
3669803	2018-12-03	2021-01-28	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
3669804	2021-01-20	2021-01-28	Direct Ownership :	56 - Grant of rights	+548,218		548,218				Common Shares	+548,218	548,218
3731321	2021-04-13	2021-04-19	Direct Ownership :	56 - Grant of rights	+244,444		792,662				Common Shares	+244,444	792,662
3938285	2022-04-29	2022-05-03	Direct Ownership :	56 - Grant of rights	+440,000		1,232,662				Common Shares	+440,000	1,232,662



Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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**Insider name:** O'Neil, Scott Michael

**Insider's Relationship to Issuer:** 4 - Director of Issuer

**Ceased to be Insider:** Not applicable

**Security designation:** Common Shares

3994777	2022-07-19	2022-08-30	Direct Ownership :	00 - Opening Balance-Initial SEDI Report			324,000						
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**Security designation:** Options (Common Shares)

4032592	2022-07-19	2022-11-21	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
4032593	2022-11-17	2022-11-21	Direct Ownership :	50 - Grant of options	+30,652	1.1300	30,652			2027-11-17	Common Shares	+30,652	30,652

**Security designation:** RSU - can be exercised for cash or common shares (Common Shares)

4032590	2022-07-19	2022-11-21	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
O	4032591	2022-11-17	2022-11-21	Direct Ownership :	56 - Grant of rights	+16,006	1.1340				Common Shares	+16,006	
A	4032591	2022-11-17	2022-11-22	Direct Ownership :	56 - Grant of rights	+61,562	1.1340	61,562			Common Shares	+61,562	61,562

**Insider name:** Ruggiero, Angela

**Insider's Relationship to Issuer:** 4 - Director of Issuer

**Ceased to be Insider:** Not applicable

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
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Security designation: Options (Common Shares)

4032701	2022-07-19	2022-11-22	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
4032702	2022-11-17	2022-11-22	Direct Ownership :	50 - Grant of options	+30,652	1.1300	30,652			2027-11-17	Common Shares	+30,652	30,652

Security designation: RSU - can be exercised for cash or common shares (Common Shares)

4032699	2022-07-19	2022-11-22	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
4032700	2022-11-17	2022-11-22	Direct Ownership :	56 - Grant of rights	+60,755	1.1340	60,755				Common Shares	+60,755	60,755

Insider name: Tharmalingam, Thamba

Insider's Relationship to Issuer: 5 - Senior Officer of Issuer

Ceased to be Insider: Not applicable

Security designation: Options (Common Shares)

3669448	2020-09-14	2021-01-28	Direct Ownership :	00 - Opening Balance-Initial SEDI Report			19,934				Common Shares		19,934
3939899	2021-04-13	2022-05-05	Direct Ownership :	50 - Grant of options	+56,590	8.7500	76,524			2026-04-13	Common Shares	+56,590	76,524
3938930	2022-04-29	2022-05-03	Direct Ownership :	50 - Grant of options	+247,884	2.7500	324,408			2027-04-20	Common Shares	+247,884	324,408

Security designation: RSU - can be exercised for cash or common shares (Common Shares)

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
3669449	2020-09-14	2021-01-28	Direct Ownership :	00 - Opening Balance-Initial SEDI Report			26,509				Common Shares		26,509
3939900	2021-04-13	2022-05-05	Direct Ownership :	56 - Grant of rights	+72,963		99,472				Common Shares	+72,963	99,472
3938931	2022-04-29	2022-05-03	Direct Ownership :	56 - Grant of rights	+546,400		645,872				Common Shares	+546,400	645,872

**Issuer name:** J55 Capital Corp.

**Legend:** O - Original transaction, A - First amendment to transaction, A' - Second amendment to transaction, AP - Amendment to paper filing, etc.

Insider's Relationship to Issuer: 1 - Issuer, 2 - Subsidiary of Issuer, 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer, 6 - Director or Senior Officer of 10% Security Holder, 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6), 8 - Deemed Insider - 6 Months before becoming Insider.

**Warning:** The closing balance of the " equivalent number or value of underlying securities" reflects the" total number or value of underlying securities" to which the derivative contracts held by the insider relate. This disclosure does not mean and should not be taken to indicate that the underlying securities have, in fact, been acquired or disposed of by the insider.

Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
<b>Insider name:</b> Veltheer, John Edward													
<b>Insider's Relationship to Issuer:</b> 3 - 10% Security Holder of Issuer, 4 - Director of Issuer, 5 - Senior Officer of Issuer													
<b>Ceased to be Insider:</b> 2019-08-30													
<b>Security designation:</b> Common Shares													

3279525	2018-12-03	2018-12-12	Direct Ownership :	00 - Opening Balance-Initial SEDI Report			2,625,000						
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Transaction ID	Date of transaction YYYY-MM-DD	Date of filing YYYY-MM-DD	Ownership type (and registered holder, if applicable)	Nature of transaction	Number or value acquired or disposed of	Unit price or exercise price	Closing balance	Insider's calculated balance	Conversion or exercise price	Date of expiry or maturity YYYY-MM-DD	Underlying security designation	Equivalent number or value of underlying securities acquired or disposed of	Closing balance of equivalent number or value of underlying securities
3418521	2019-08-26	2019-09-03	Direct Ownership :	37 - Stock split or consolidation	-525,000		2,100,000						
3418666	2019-08-30	2019-09-03	Direct Ownership :	22 - Acquisition or disposition pursuant to a take-over bid, merger or acquisition	+1,000,000		3,100,000						

Security designation: Options (Common Shares)

3279527	2018-12-03	2018-12-12	Direct Ownership :	00 - Opening Balance-Initial SEDI Report							Common Shares		
3279528	2018-12-12	2018-12-12	Direct Ownership :	50 - Grant of options	+300,000		300,000		0.1000	2028-12-12	Common Shares	+300,000	300,000
3418523	2019-08-26	2019-09-03	Direct Ownership :	37 - Stock split or consolidation	-60,000		240,000		0.1250		Common Shares	-60,000	240,000
3419250	2019-08-30	2019-09-04	Direct Ownership :	22 - Acquisition or disposition pursuant to a take-over bid, merger or acquisition	+750,000		990,000		0.3000	2024-08-30	Common Shares	+750,000	990,000