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288a

Please complete in typescript,
or in bold black capitals.

Appointment of director or secretary (NOT for resignation (use Form 288b) or change of particulars (use Form 288c))

Company Number

3261722

Company Name in full

Sainsbury's Supermarkets Ltd



* F 2 8 8 A F 1 0 *

Date of appointment Day Month Year 19 02 97
†Date of Birth Day Month Year 12 05 45

Appointment form
Appointment as director

☒ as director
☐ as secretary

Please mark the appropriate box. If appointment is
as a director and secretary mark both boxes.

NAME *Style / Title

MR

*Honours etc

Notes on completion
appear on reverse.

Forename(s)

JOHN EDWIN

Surname

ADSHEAD

Previous
Forename(s)

Previous
Surname(s)

Usual residential
address

189 NORSEY ROAD

Post town

BILLERICAY

Postcode

CM11 1BZ

County / Region

ESSEX

Country

ENGLAND

†Nationality

BRITISH

†Business occupation

PERSONNEL DIRECTOR

†Other directorships
(additional space overleaf)

Please see over

I consent to act as ** director / ~~secretary~~ of the above named company

* Voluntary details.
† Directors only.

Consent signature

John Edwin Adshead

Date

7.3.97

A director, secretary etc must sign the form below.

Signed

Nigel Adams

Date

7.3.97

(** a director / secretary / administrator / administrative receiver / receiver manager / receiver)

**Please delete as appropriate

Please give the name, address,
telephone number and, if available,
a DX number and Exchange of
the person Companies House should
contact if there is any query.

Denton Hall

5 Chancery Lane, Cliffords Inn, London, , EC4A 1BU

RAJ/869260

Tel 0171 242 1212

DX number DX: 242

DX exchange CHANCERY

When you have completed and signed the form please send it to the
Registrar of Companies at:

Companies House, Crown Way, Cardiff, CF4 3UZ DX 33050 Cardiff
for companies registered in England and Wales

or

Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB
for companies registered in Scotland

DX 235 Edinburgh



A18 *AMKLVTXM* 63
COMPANIES HOUSE 12/03/97

Company Number

3261722

† Directors only.

† Other directorships

J SAINSBURY DISTRIBUTION LIMITED

J SAINSBURY EXECUTIVE PENSION SCHEME TRUSTEES LTD

J SAINSBURY TRUSTEES (NO.2) LIMITED

J SAINSBURY TRUSTEES LIMITED

J SAINSBURY plc

NOTES

Show the full forenames, NOT INITIALS. If the director or secretary is a corporation or Scottish firm, show the name on surname line and registered or principal office on the usual residential line.

Give previous forenames or surname(s) except:

- for a married woman, the name by which she was known before marriage need not be given.
- for names not used since the age of 18 or for at least 20 years

A peer or individual known by a title may state the title instead of or in addition to the forenames and surname and need not give the name by which that person was known before he or she adopted the title or preceded to it.

Other directorships.

Give the name of every company incorporated in Great Britain of which the person concerned is a director or has been a director at any time in the past five years.

You may exclude a company which either is, or at all times during the past five years when the person concerned was a director, was

- dormant
- a parent company which wholly owned the company making the return, or
- another wholly owned subsidiary of the same parent company.