



Companies House

for the record

88(2)

Return of Allotment of Shares

Please complete in typescript, or
in bold black capitals.

CHWP000

Company Number

185647

Company name in full

J SAINSBURY PLC

Shares allotted (including bonus shares):

Date or period during which
shares were allotted
(If shares were allotted on one date
enter that date in the "from" box)

From
Day Month Year
1 0 1 2 2 0 0 8

To
Day Month Year
1 0 1 2 2 0 0 8

Class of shares
(ordinary or preference etc)

ORDINARY

ORDINARY

Number allotted

1931

751

Nominal value of each share

£0.28 4/7P

£0.28 4/7P

Amount (if any) paid or due on each
share (including any share premium)

£2.17

£2.31

List the names and addresses of the allottees and the number of shares allotted to each overleaf

If the allotted shares are fully or partly paid up otherwise than in cash please state:

% that each share is to be
treated as paid up

Consideration for which
the shares were allotted
(This information must be supported by
the duly stamped contract or by the duly
stamped particulars on Form 88(3) if the
contract is not in writing)

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

Companies House, Crown Way, Cardiff CF14 3UZ
For companies registered in England and Wales

DX 33050 Cardiff

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

DX 235
Edinburgh

MONDAY



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COMPANIES HOUSE

Form Revised January 2008


Names and addresses of the allottees (List joint share allotments consecutively)

Shareholder details	Shares and share class allotted	
Name SEE ATTACHED Address UK Postcode _ _ _ _ _	Class of shares allotted ORDINARY	Number allotted 2682
Name Address UK Postcode _ _ _ _ _	Class of shares allotted 	Number allotted
Name Address UK Postcode _ _ _ _ _	Class of shares allotted 	Number allotted
Name Address UK Postcode _ _ _ _ _	Class of shares allotted 	Number allotted
Name Address UK Postcode _ _ _ _ _	Class of shares allotted 	Number allotted

Please enter the number of continuation sheets (if any) attached to this form .

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Signed

Deputy 

Date

12/12/08

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.

MS HAZEL D JARVIS - DEPUTY COMPANY SEC

J SAINSBURY PLC, 33 HOLBORN, LONDON

EC1N 2HT

Tel 02076956000

DX number

DX exchange

**J Sainsbury plc
Return of Allotment
10 December 2008
2004 3 Year Scheme
Option Price 217p
Sell All Shares**

Name & Address	No of shares Allotted
Mrs Karla Heyes, 3 St Annes Road, Horwich, BOLTON, BL6 7EJ	611
Total number of Allotments	1
Total number of Shares Allotted	611

J Sainsbury plc
Return of Allotment
10 December 2008
2004 5 Year Scheme
Option Price 217p

Name & Address	No of shares Allotted
Miss Katharine North, 139 Rutland Drive MORDEN Surrey SM4 5QQ	1,320
Total number of Allotments	1
Total number of Shares Allotted	1,320

J Sainsbury plc
Return of Allotment
10 December 2008
2005 5 Year Scheme
Option Price 231p

Name & Address	No of Shares Allotted
Miss Katharine North, 139 Rutland Drive, MORDEN, Surrey, SM4 5QQ	751
Number of Allotments	1
Total Number of Shares Allotted	751