



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

2 1 0 1 2 0 0 9

To

Day Month Year

2 1 0 1 2 0 0 9

Class of shares

(ordinary or preference etc)

ORDINARY

ORDINARY

ORDINARY

Number allotted

2250

2165

1003

Nominal value of each share

£0.28 4/7P

£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

£2.41

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

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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

TUESDAY



A31

A6BY072Y

03/02/2009

270

COMPANIES HOUSE

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

Shareholder details	Shares and share class allotted	
Name <u>see attached</u> <hr/> Address <hr/> <hr/> UK Postcode <u> L L L L L L L </u>	Class of shares allotted <hr/> ORDINARY <hr/> ORDINARY <hr/> ORDINARY <hr/>	Number allotted <hr/> 2250 <hr/> 2165 <hr/> 1003 <hr/>
Name <hr/> Address <hr/> <hr/> UK Postcode <u> L L L L L L L </u>	Class of shares allotted <hr/> <hr/> <hr/> <hr/>	Number allotted <hr/> <hr/> <hr/> <hr/>
Name <hr/> Address <hr/> <hr/> UK Postcode <u> L L L L L L L </u>	Class of shares allotted <hr/> <hr/> <hr/> <hr/>	Number allotted <hr/> <hr/> <hr/> <hr/>
Name <hr/> Address <hr/> <hr/> UK Postcode <u> L L L L L L L </u>	Class of shares allotted <hr/> <hr/> <hr/> <hr/>	Number allotted <hr/> <hr/> <hr/> <hr/>
Name <hr/> Address <hr/> <hr/> UK Postcode <u> L L L L L L L </u>	Class of shares allotted <hr/> <hr/> <hr/> <hr/>	Number allotted <hr/> <hr/> <hr/> <hr/>

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

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Signed


A director / secretary / administrator / administrative receiver / receiver manager / receiver

Date

30/1/09

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
21 January 2009
2003 5 Year Scheme
Option Price 241p**

Name & Address	No of shares Allotted
Miss Katharine North 139 Rutland Drive Morden Surrey SM4 5QQ	1,003
Total number of Allotments	1
Total number of Shares Allotted	1,003

J Sainsbury plc
Return of Allotment
21 January 2009
2004 5 Year Scheme
Option Price 217p

Name & Address	No of shares Allotted
Mr Mark Leslie Foster 9 Loire Close Duston Northampton NN5 6SE	1,125
Mrs Nicola Maria Stockton 19 Circular Road Prestwich Manchester M25 9NR	1,125
Total number of Allotments	2
Total number of Shares Allotted	2,250

**J Sainsbury plc
Return of Allotment
21 January 2009
2005 3 Year Scheme
Option Price 231p**

Name & Address	No of shares Allotted
Mrs Juliet Hickling 38 Rycroft Street Grantham Lincs NG31 6DL	619
Total number of Allotments Total number of Shares Allotted	1 619

J Sainsbury plc
Return of Allotment
21 January 2009
2005 5 Year Scheme
Option Price 231p

Name & Address	No of shares Allotted
Mr Mark Leslie Foster 9 Loire Close Duston Northampton NN5 6SE	773
Mrs Nicola Maria Stockton 19 Circular Road Prestwich Manchester M25 9NR	773
Total number of Allotments	2
Total number of Shares Allotted	1,546