



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 7 0 6 2 0 0 9

To
Day Month Year
1 7 0 6 2 0 0 9

Class of shares
(ordinary or preference etc)

ORDINARY

ORDINARY

ORDINARY

Number allotted

17921

18094

8

Nominal value of each share

28 4/7P

28 4/7P

28 4/7P

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

£2.31

£2.41

£2.24

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:**

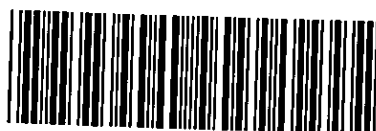
Companies House, Crown Way, Cardiff CF14 3UZ
For companies registered in England and Wales

DX 33050 Cardiff

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

**DX 235
Edinburgh**

WEDNESDAY



PC1

PC5WLBDB

08/07/2009

584

COMPANIES HOUSE

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

Shareholder details	Shares and share class allotted	
Name SEE ATTACHED Address UK Postcode <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u>	Class of shares allotted ORDINARY 	Number allotted 36023
Name Address UK Postcode <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u>	Class of shares allotted 	Number allotted
Name Address UK Postcode <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u>	Class of shares allotted 	Number allotted
Name Address UK Postcode <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u>	Class of shares allotted 	Number allotted
Name Address UK Postcode <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u>	Class of shares allotted 	Number allotted

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

5

Signed



Date

21/7/09

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

EC1N 2HT

Tel 02076956000

DX number

DX exchange

J Sainsbury plc
Return of Allotment
17-Jun-09
2005 3 Year Scheme Shares Option Price 231p

Name & Address			No of Shares Allotted
Kim	Batt	20 Ownsted Hill	Croydon Surrey
Amrita	Bhogal	335 Woodborough Road	Nottingham
Mary	Coombe	68 Reddenhill Road	Torquay
Lynne	Duffy	8 Guenever Close	Cardiff South Glam
Orlinda	Fernandez	115 Burnham Road	London
Thomas Francis	Finch	160 Bell Lane	Orrell
Angela	Gapper	81b Cadbury Heath Road	Bristol Avon
Daniel	Goudge	46 McGredy	Herts
Deidre Ann	Hall	66 Eastgrove Road	Gwent
Helen Marie-Anne	Hanlon	97 Elmore	Swindon Wiltshire
Terence	Hardy	10 Balmoral Avenue	Lincolnshire
Brianne Heather	Jason	19 Strathcona Gardens	WOKING
Ian Robert	Johnson	35 Geddington Court	Waltham Cross
Caroline	Lambert	1 Beulah	Axminster Devon
Jillian D	Mee	19 Fairhaven Grove	Stoke-On-Trent Staffs
David James	Nixon	13 Embleton Road	NE10 0TR
Richard	Oldham	9a Alexandra Grove	N4 2LQ
Katherine	Orr	1 Gateacre Rise	L25 5LA
Vicky	Rayner	Gaythorne	RG25 2DE
Maxine S	Stimpson	1 Larches Road	DY11 7AA
Robert	Wilcock	34 Central Park Gardens	ME4 6UT
Rachel Elizabeth	Winn	108a Talbot Road	Leeds
Total number of Shares Allotted			14281
Total number of Allotments			22

J Sainsbury plc
Return of Allotment
17-Jun-09
2005 3 Year Scheme- Full Exercise
Option Price 231p

Name & Address						No of Shares Allotted
Susan	Edwards	4 Sundale Close	Deane	Bolton	BL3 5RS	485
Anna	Hancock	4 Windsor Close	Haywards Heath	West Sussex	RH16 4QR	1619
Judith D	Jeeves	58 Malham Drive	Kettering	Northants	NN16 9FS	242
Linda Maureen	Matthews	18 Ilchester Road	Bedminster Down	Bristol	BS13 7HX	809
Kevin	Stoddard	31 Brookbank Avenue	Shard End	Birmingham	B34 7JE	485
Total number of Shares Allotted						3640
Total number of Allotments						5

J Sainsbury plc
Return of Allotment 17-Jun-09
2003 5 Year Scheme Shares Option Price 241p

Name & Address			No of Shares Allotted
Brian A	Beasant	19 Malpas Drive	NN5 6XL
Jennifer A	Elvin	15 Westdale Walk	MK42 8NX
Berin Penry	Jones	36 Sengana Close	SO30 2NU
Alice Theresa	Joseph	223 Vicarage Road	E10 7HQ
Dawn	Morrow	2 Moor Green	HU4 7SS
Nicola Jane	Nash	14 Orchardfield Road	GU7 3PB
Suzanne	O'Shea	10 Popplechurch Drive	SN3 5DE
Marilyn P	Ryland	177 Grange Road	GL4 0NP
Total number of Shares Allotted			7574
Total number of Allotments			8

J Sainsbury plc
Return of Allotment

17-Jun-09

2003 5 Year Scheme- Full Exercise Shares Option Price 241p

Name & Address			No of Shares Allotted		
Patricia Blackshaw	5 Richmond Grove	Basford	Newcastle Under Lyme	ST5 0LF	657
Jennifer Connell	74 Newland Park Drive	York		YO10 3HP	526
Victoria Farmer	22 Hamilton Close	Bordon Hants		GU35 0UD	5261
Christopher Lawson	13 Kylesku Crescent	Kettering	Northants	NN15 5BH	1183
Donald M Macneill	14 Hill Crest	Potters Bar		EN6 2RT	1052
Madhubala Mehta	23 Ainsdale Road	Leicester		LE3 0UD	1315
Barbara Jean Smales	34 Woodland Crescent	Swillington	Leeds	LS26 8DN	526
			Total number of Shares Allotted		10520
			Total number of Allotments		7

17-Jun-09

[illegible]

Name & Address		No of Shares Allotted
Carole	Prior 64 Sun Street RUGBY Warwickshire CV21 3NW	8
Total number of Shares Allotted		8
Total number of Allotments		1