

Return of Allotment of Shares

To

Please complete in typescript, or in bold black capitals.
CHWP000

**Company Number** 

Company name in full

1	85647	,	

From

_		

## 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)

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

Class of shares (ordinary or preference etc)

Number allotted

Nominal value of each share

% that each share is to be

treated as paid up

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

ORDINARY	ORDINARY	ORDINARY
5800	1717	1893
£0.28 4/7P	£0.28 4/7P	£0.28 4/7P
£2.31	£2.17	£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:

Consideration for which	
the shares were allotted	<u> </u>
(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)	

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. <del></del> .	

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

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

THESDAY



PC3 14/07/2009 COMPANIES HOUSE

Edinburgh

DX 33050 Cardiff

DX 235



**Return of Allotment of Shares** 

Please complete in typescript, or in bold black capitals. CHWP000

Company Number

185647

Company Hamber	100017		
Company name in full	J SAINSBURY PLC		
Shares allotted (including bo	onus shares):		
	From		То
Date or period during which shares were allotted	Day Month	Year Day	Month Year
(If shares were allotted on one date enter that date in the "from" box)	0 1 0 7 2	0   0   9	0 7 2 0 0 9
Class of shares (ordinary or preference etc)	ORDINARY	ORDINARY	ORDINARY
Number allotted	459		
Nominal value of each share	£0.28 4/7P		
Amount (if any) paid or due on ea share (including any share premium)	£2.24		
List the names and addresses of t	he allottees and the number of	shares allotted to eac	h overleaf
If the allotted shares are fully	y or partly paid up otherw	ise than in cash pl	ease 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 com	pleted and signed	the form send it to

the Registrar of Companies at:

Companies House receipt date barcode

This form has been provided free of charge by Companies House.

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

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

Shareholder details	Shares and share	class allotted
Name SEE ATTACHED	Class of shares allotted	Number allotted
Address	ORDINARY	9869
UK Postcode		L
Name	Class of shares allotted	Number allotted
Address	-	£
UK Postcode		
Name	Class of shares allotted	Number allotted
Address	_	
UK Postcode	_	Lunear
Name	Class of shares allotted	Number allotted
Address		
UK Postcode		
Name	Class of shares allotted	Number allotted
Address	-	
UK Postcode		L
Please enter the number of continuation sheets (if any) attached to this	form 7	
Signed Da  A director / secretary administrator / administrative receiver / receiver manager / receiver	ate 13/Hoq	delete as appropriate
Please give the name address	116436	полого из арргорнате

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, 3	33 HOLBORN, LONDON
EC1N 2HT	Tel 02076956000
DX number	DX exchange

J Sainsbury plc
Return of Allotment
2005 5 Year
01/07/2009
Option Price = 2.31p

Forenames	Surname	Address 1	Address 2	Address 3	Address 4	Address 5	Exercised
Gillian	Stowe	Summerleas	Peartree Road	Broomfield	Herne Bay	CT6 7XW	606
Shirley	Waters	26 Valley Road	Sandgate	FOLKESTONE	Kent	CT20 3BS	1819
							2728

J Sainsbury plc
Return of Allotment
2004 5 Year
01/07/2009
Option Price = 2.17p

Forenames	Surname	Address 1	Address 2	Address 3	Address	Address Address 5	Exercised
Penelope L C	White	60 Malvern Road	Hampton			TW12 2LN	1717
							1717

J Sainsbury plc
Return of Aliotment
5 Year - Sell All Shares
01/07/2009
Option Price = 2.41p

Forenames Surname	Surname	Address 1	Address 2	Address 3	Address ,	Address Address 5	Exercised
Catherine	Howes	20 Conyers Walk	Parkwood	Rainham Kent		ME8 9QF	315
Linda J	Smith	4 Pinfold Road	Solihull	West Midlands		B91 2PB	1315
	-						1630

J Sainsbury plc
Return of Allotment
5 Year - Full Exercise
01/07/2009
Option Price = 2.41p

Forenames	Surname	Address 1	Address 2	Address 3	Address	Address Address 5	Exercised
lan	Thrasher	36 Hallmores	St Catharines Road	Broxbourne Herts		EN10 7LL	263
							263

J Sainsbury pic Return of Alloiment 2008 3 Year 01/07/2009 Option Price = 2.24p

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Alan William	Burton	42 Martingale Drive	Springfield	CHELMSFORD	CM1 6FN		379
Penelope L C	White	60 Malvern Road	Hampton			TW12 2LN	80
							459

J Sainsbury plc Return of Allotment 3 Year - Sell All Shares Option Price = 2.31p

Forenames	Surname	Address 1	Address 2	Address 3	Address 4	Address 5	Exercised
Elaine	Bealing	13 Frobisher Road	Ashton	Bristol		BS3 2AU	647
Catherine	Howes	20 Conyers Walk	Parkwood	Rainham Kent		ME8 9QF	161
Kellie	Padmore	59a Marney Road	Battersea	London		SW11 5EW	809
Linda Joy	Thornes	72 Ferndale Cresent Kidderminster	Kidderminster	Worcestershire		DY11 5LN	161
Scott P	Wright	8 Alexandra Place	Alexandra Road	Romford		RM1 2AH	485
							2263

J Sainsbury plc
Return of Allotment
3 Year - Full Exercise
Option Price = 2.31p

Forenames	Surname	Address 1	Address 2	Address 3	Address 4	Address 5	Exercised
Hannah	Quarmby	42 Rotherwood Road	Putney	London/		SW15 1JZ	608
							,
							808