



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

To

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)

ORDINARY

ORDINARY

ORDINARY

Number allotted

5800

1717

1893

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)

£2.31

£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:

% 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

TUESDAY



PC3 14/07/2009 528
COMPANIES HOUSE



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Day Month Year

0 1 0 7 2 0 0 9

To

Day Month Year

0 1 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 each
share (including any share premium)

£2.24

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

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For companies registered in Scotland

DX 235
Edinburgh

Companies House receipt date barcode

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

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

Shareholder details		Shares and share class allotted	
Name SEE ATTACHED <hr/> Address <hr/> <hr/> <div>UK Postcode</div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>		Class of shares allotted <hr/> ORDINARY <hr/> <hr/>	Number allotted <hr/> 9869 <hr/> <hr/>
Name <hr/> Address <hr/> <hr/> <div>UK Postcode</div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>		Class of shares allotted <hr/> <hr/> <hr/>	Number allotted <hr/> <hr/> <hr/>
Name <hr/> Address <hr/> <hr/> <div>UK Postcode</div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>		Class of shares allotted <hr/> <hr/> <hr/>	Number allotted <hr/> <hr/> <hr/>
Name <hr/> Address <hr/> <hr/> <div>UK Postcode</div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>		Class of shares allotted <hr/> <hr/> <hr/>	Number allotted <hr/> <hr/> <hr/>
Name <hr/> Address <hr/> <hr/> <div>UK Postcode</div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>		Class of shares allotted <hr/> <hr/> <hr/>	Number allotted <hr/> <hr/> <hr/>

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

7

Signed

Date

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
 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	175 Peartree Road	Broomfield	Herne Bay	CT6 7XW	909
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 5	Exercised
Penelope L C	White	60 Malvern Road	Hampton			TW12 2LN	1717
							1717

Option Price = 2.41p

[illegible]

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 5	Exercised
Ian	Thrasher	36 Hallmores	St Catharines Road	Broxbourne Herts		EN10 7LL	263
							263

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

Forenames	Surname	Address 1	Address 2	Address 3	Address 4	Address 5	Exercised
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 - 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	809
							809