



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 8 0 7 2 0 0 9

0 8 0 7 2 0 0 9

Class of shares

(ordinary or preference etc)

ORDINARY

ORDINARY

ORDINARY

Number allotted

452

246

125

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)

£3.28

£3.31

£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

--	--	--

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

PBK2GBJW

14/07/2009

517

COMPANIES HOUSE

Form Revised January 2000



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From

To

Day Month Year

Day Month Year

0 8 0 7 2 0 0 9

0 8 0 7 2 0 0 9

Class of shares

(ordinary or preference etc)

ORDINARY

ORDINARY

ORDINARY

Number allotted

14585

16594

5755

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

£2.41

£2.17

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:

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--	--	--

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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 _____ Address _____ _____ UK Postcode L L L L L L L L		Class of shares allotted ORDINARY _____ _____ _____ 	Number allotted 37757 _____ _____ _____
Name _____ Address _____ _____ UK Postcode L L L L L L L L		Class of shares allotted _____ _____ _____ 	Number allotted _____ _____ _____
Name _____ Address _____ _____ UK Postcode L L L L L L L L		Class of shares allotted _____ _____ _____ 	Number allotted _____ _____ _____
Name _____ Address _____ _____ UK Postcode L L L L L L L L		Class of shares allotted _____ _____ _____ 	Number allotted _____ _____ _____
Name _____ Address _____ _____ UK Postcode L L L L L L L L		Class of shares allotted _____ _____ _____ 	Number allotted _____ _____ _____

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

19

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

3 Year - Sell All Shares

08/07/2009

Option Price = 2.31p

Forenames	Surname	Address 1	Address 2	Address 3	Address 4	Address 5	Exercised
Susan Diana	Bagshaw	38 Mount Road	Newhaven	East Sussex		BN9 0LT	323
Jill	Brownless	13 Bowlers Mead	Buntingford	Hertfordshire		SG9 9DE	647
Clare	Davies	7 Sycamore Drive	Hixon	Stafford	Staffs	ST18 0FB	809
Bridget	Johnston	21 Malmesbury Road	Cheadle Hulme			SK8 7QH	1619
Peter Neal	Kelland	24 Palmera Avenue	Beansheaf Meadow	Calcot Reading Berkshire		RG31 7DZ	809
Peter J	Leonard	34 Rochester Avenue	BROMLEY			BR1 3DW	1619
Gary John	Playford	66 Widney Lane	Solihull			B91 3LR	647
Janet Mary	Purl	124 Woolacombe Road	Blackheath	LONDON		SE3 8QN	809
Diane E	Ruff	16 Stirling Close	Burgess Hill	West Sussex		RH15 0PU	194
Mark A	Simmons	9 Jefferies	Horsted Keynes	Haywards Heath West Sussex		RH17 7DR	161
David Charles	Thompson	43 Fife Road	Darlington	County Durham		DL3 7TA	242
Ann	Toogood	2 Homeside	West Buckland	Barnstaple Devon		EX32 0SQ	161
							8040

J Sainsbury plc
Return of Allotment
3 Year - Full Exercise
08/07/2009
Option Price = 2.31p

Forenames	Surname	Address 1	Address 2	Address 3	Address 4	Address 5	Exercised
Tina Yvonne	Boyle	2 The Ramparts	Rayleigh	Essex		SS6 8PY	404
Christopher	Caldwell	13 Round Mead	Stevenage	Hertfordshire		SG2 9PH	323
Andrew Glenn	Garnham	17 Fountains Road	Ipswich	Suffolk		IP2 9EF	323
Mandy	Goddard	97 Merryoak Road	Sholing	Southampton		SO19 7QP	404
Felicity	Hodkinson	25 Windermere Road	Ealing	London		W5 4TJ	809
Sarah Elizabeth	Holmes	10 Mallard Place	East Grinstead	West Sussex		RH19 4TF	80
Adrian Richard	Roberts	3 Moore Close	Perton	Wolverhampton West Midlands		WV6 7PB	2023
							4366

[illegible][illegible]

[illegible]

[illegible]

[illegible][illegible]

J Sainsbury plc
 Return of Allotment
 2006 3 Year
 08/07/2009
 Option Price = 3.28p

Forenames	Surname	Address 1	Address 2	Address 3	Address 4	Address 5	Exercised
Michael Owen	Price	Appt 10	190 West George Street	Glasgow		G2 2NR	452
							452

J Sainsbury plc
Return of Allotment
2007 3 Year
08/07/2009
Option Price = 3.31p

Forenames	Surname	Address 1	Address 2	Address 3	Address 4	Address 5	Exercised
Jyotsna	Raval	9 Kingston Avenue	North Cheam	SUTTON	Surrey	SM3 9TZ	246
							246

J Sainsbury plc
 Return of Allotment
 2008 3 Year
 08/07/2009
 Option Price = 2.24p

Forenames	Surname	Address 1	Address 2	Address 3	Address 4	Address 5	Exercised
Robert Norman John	Crumbie	17 Crendon Park	Southborough	Kent		TN4 0BE	125
							125