



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

3 0 0 7 2 0 0 8

To

Day Month Year

Class of shares
(ordinary or preference etc)

ORDINARY

ORDINARY

Number allotted

23711

32329

Nominal value of each share

£0 28 4/7P

£0 28 4/7P

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

£2 39

£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:

% 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



A38 *AESBF37G* 267
17/09/2008
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> Address _____ _____ UK Postcode <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u>		Class of shares allotted <u>ORDINARY</u> _____ _____ _____ 	Number allotted <u>56040</u> _____ _____ _____
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

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Signed



Date

11/9/08

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 0207 695 6000

DX number

DX exchange

J Sainsbury plc
Return of Allotment
30 July 2008
2002 5 Year Scheme
Option Price 239p
Sell All Shares

Name & Address	No of shares Allotted
Miss Jean Bailie Dale, 97 Corporation Street STAFFORD ST16 3LT	632
Miss Carol M Parsons, 125 Redland Park Twerton Bath Avon BA2 1SG	247
Mrs Julie Stratton, 135 Winston Avenue Branksome Poole Dorset BH12 1PD	247
Mr Michael Wayne Broadhurst, 15 Beckett Drive Winwick WARRINGTON WA2 8XJ	467
Mrs Sheila E Cawthorne, 06 Ashleigh Rise TEIGNMOUTH Devon TQ14 8QZ	1,099
Mrs Patricia E Harris, 100 Primrose Hill Woodloes Park WARWICK CV34 5FG	1,786
Mrs Helen Penman, 192 Currievale Drive CURRIE Midlothian EH14 5TH	494
Mr David Meller, 83 Green Dragon Lane Winchmore Hill LONDON N21 2LB	1,209
Mrs Jean Clark, 22 Hillsborough Road Brislington BRISTOL BS4 3QW	1,292
Ms June Machin, 33 Birchwood Avenue Rawmarsh ROTHERHAM South Yorkshire S62 7JW	302
Mrs Jennifer Ann Webb, 7 Terrys Close Abbeydale Redditch B98 8ET	632
Mrs Lesley D Bashford, 30 Knights Avenue Clapham BEDFORD MK41 6DF	1,292
Mrs Karen Rawlins, 55 Turners Lane Withymoor Village Brierley Hill West Midland DY5 2PG	247
Total number of Allotments	13
Total number of Shares Allotted	9,946

J Sainsbury plc
Return of Allotment
30 July 2008
2002 5 Year Scheme
Option Price 239p
Full Exercise

Name & Address	No of shares Allotted
Mrs Hazel Maddox, 6 Fernyhalgh Gardens Fulwood PRESTON PR2 9NH	907
Mrs Lianne Grace Haswell, 7 King and Queen Close Mottingham LONDON SE9 4AZ	137
Mrs Fiona Agnes Lee, 30 Coopersknowe Crescent GALASHIELS Selkirkshire TD1 2DS	1,099
Mr Stephen M Rose, 13 Prestwick Drive BISHOPS STORTFORD Herts CM23 5ER	494
Mrs Brenda Knight, 18 Eastfield Road Duston NORTHAMPTON NN5 6TQ	1,292
Mrs Sylvia Patricia Morgan, 2 Jason Place WATERLOOVILLE Hants PO7 8BB	247
Mrs Alison Clare Lewis, 60 Jersey Road Bonymaen Swansea West Glamorgan SWANSEA SA1 7DG	494
Mr Christopher Lawson, 13 Kylesku Crescent KETTERING Northants NN15 5BH	742
Mr Christopher Leslie Brown, 207 Westmacott Drive FELTHAM Middx TW14 9QH	5,195
Mrs Mandy Harkins, 26 Eskdale Terrace BONNYRIGG Midlothian EH19 2BH	1,017
Miss Caroline S Bayliss, 32 Habershon Drive Cheylesmore Park Frimley CAMBERLEY GU16 9TN	494
Ms Marie Castleton, 134 Columbia Way King's Lynn KINGS LYNN Norfolk PE30 2LG	494
Mrs Tina Patricia Bampfield, 27 Lydney Close Church Hill REDDITCH Worcs B98 9LL	384
Mrs Angela Eileen Ash, 42 Dunbar Close Lordshill SOUTHAMPTON SO16 8FY	769
Total number of Allotments	14
Total number of Shares Allotted	13,765

J Sainsbury plc
Return of Allotment
30 July 2008
2004 5 Year Scheme
Option Price 217p

Name & Address	No of shares Allotted
Mr Terry A Wells, 86 Quakers Lane Potters Bar EN6 1RH	4,998
Total number of Allotments	1
Total number of Shares Allotted	4,998

J Sainsbury plc
Return of Allotment
30 July 2008
2004 3 Year Scheme
Option Price 217p
Sell All Shares

Name & Address	No of shares Allotted
Mrs June Hazel Shepherd, 8 Sweet Leys Drive East Leake LOUGHBOROUGH Leics LE12 6QX	523
Mrs Joanna Jennifer Young, 38 Hetchleys HEMEL HEMPSTEAD Herts HP1 3NX	261
Miss Helen R Loughlin, 2 Herbison Park Cushendall Road BALLYMENA Co Antrim BT43 7DQ	523
Mr Coryn Millard Martin, 69 Clevedon Road Luton Bedfordshire LUTON LU2 9EB	873
Mrs Judith D Jeeves, 58 Malham Drive Kettering Northamptonshire NN16 9FS	261
Mr Vimal Chandarana, 111 Coronation Road HAYES Middx UB3 4JU	873
Mr Michael Wayne Broadhurst, 15 Beckett Drive Winwick WARRINGTON WA2 8XJ	1,467
Miss Deborah Louise Percival, 48 Clonnersfield Stapeley NANTWICH Cheshire CW5 7GP	873
Mr Gavin P Bird, 8 Vale Gardens Great Munden WARE Herts SG11 1HL	873
Mr David Lewis, 4 Sherley Green Bursledon Southampton Hants SOUTHAMPTON SO31 8FL	1,484
Mrs Barbara Ann Ballinger, 21 Rodborough Avenue Rodborough STROUD Glos GL5 3RR	349
Total number of Allotments	11
Total number of Shares Allotted	8,360

J Sainsbury plc
Return of Allotment
30 July 2008
2004 3 Year Scheme
Option Price 217p
Full Exercise

Name & Address	No of shares Allotted
Mr James E Marchant, 4 Bluebell Court Wych Hill Park WOKING Surrey GU22 0HQ	873
Mrs Gail Beryl Marshall, 27 Church Lane Humberston GRIMSBY South Humberside DN36 4HZ	1,047
Mrs Mandy Rumsey, Criffel Tallentire COCKERMOUTH Cumbria CA13 0PT	873
Mrs Barbara N Green, 27 Ronkswood Crescent Newtown Road WORCESTER WR5 1JY	174
Mrs Alison Smith, 6 Northern Avenue Much Hoole PRESTON PR4 4GL	873
Mr Daren L Rice, 14 Secker Crescent Harrow Middlesex HA3 5LZ	558
Mr David Wogan, 4 Edward Drive Ashton in Makerfield WIGAN Lancs WN4 8QU	698
Mrs Denise Ward, 23 Denison Road Hexthorpe DONCASTER South Yorkshire DN4 0BP	436
Mrs Susan R Hetherington, 12 Halliday Close BASINGSTOKE Hants RG21 3LB	349
Mr Craig A Macwilliam, Criffel Tallentire COCKERMOUTH Cumbria CA13 0PT	873
Mr Andrew James Sykes, 42 Grantham Place Boothtown HALIFAX West Yorkshire HX3 6PJ	1,309
Mr Mark Mangin, 17 Ayr Close Chells Manor STEVENAGE Herts SG1 5RZ	1,047
Mr Gerald Patrick Hickey, 15 Whirlowdale Crescent Millhouses SHEFFIELD S7 2NA	1,746
Mrs Angela Eileen Ash, 42 Dunbar Close Lordshill SOUTHAMPTON SO16 8FY	349
Mrs Fiona Agnes Lee, 30 Coopersknowe Crescent GALASHIELS Selkirkshire TD1 2DS	1,222
Mr Philip Jones, 1 Ffordd Owain Off Smithy Lane WREXHAM Clwyd	1,746
Mrs Susan Jean Humphreys, 16 Clarke Road Borrass Park WREXHAM Clwyd LL12 7TY	349
Mrs Emma Joyce Power, 70 Greville Road HASTINGS East Sussex TN35 5AL	174
Mrs Tracy Ann Ankers, 14 St Annes Rd LEYLAND PR25 4XR	261
Mrs Jill Anne Carroll, 29 Ruth Close STANMORE Middx HA7 1HQ	2,619
Mr Adrian William Lee, 50 Copland Close Brighton Hill BASINGSTOKE Hants RG22 4JX	523
Mrs Karen Tracy Stevens, 47 Willsheres Road BIGGLESWADE Beds SG18 0DN	349
Mr Graham Derek Tasker, 29 Bridgegate Way Eccleshill BRADFORD West Yorkshire BD10 8BD	523
Total number of Allotments	23
Total number of Shares Allotted	18,971