



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
3	1	2	3	1	2
1	2	0	1	2	0
2	0	8	2	0	8

Class of shares
(ordinary or preference etc)

Number allotted

Nominal value of each share

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

ORDINARY	ORDINARY	ORDINARY
1572	294	
£0.28 4/7P	£0.28 4/7P	
£2.17	£3.28	

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



A80

ABIH06KA
16/01/2009
COMPANIES HOUSE

234

FRIDAY


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 style="text-align: right;">UK Postcode <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u></div>		Class of shares allotted <hr/> ORDINARY <hr/> <hr/>	Number allotted <hr/> 1866 <hr/> <hr/>
Name <hr/> Address <hr/> <hr/> <div style="text-align: right;">UK Postcode <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u></div>		Class of shares allotted <hr/> <hr/> <hr/>	Number allotted <hr/> <hr/> <hr/>
Name <hr/> Address <hr/> <hr/> <div style="text-align: right;">UK Postcode <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u></div>		Class of shares allotted <hr/> <hr/> <hr/>	Number allotted <hr/> <hr/> <hr/>
Name <hr/> Address <hr/> <hr/> <div style="text-align: right;">UK Postcode <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u></div>		Class of shares allotted <hr/> <hr/> <hr/>	Number allotted <hr/> <hr/> <hr/>
Name <hr/> Address <hr/> <hr/> <div style="text-align: right;">UK Postcode <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u></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

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Signed

Deputy


Date

14/1/09

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

J SAINSBURY PLC, 33 HOLBORN, LONDON

EC1N 2HT

Tel 02076956000

DX number

DX exchange

J Sainsbury plc
Return of Allotment
31 December 2008
2006 5 Year Scheme
Option Price 328p

Name & Address	No of shares Allotted
Mr Franklin McIver Herbert 19 Shirley Road St Albans HERTS AL1 5ES	294
Total number of Allotments	1
Total number of Shares Allotted	<u>294</u>

J Sainsbury plc
Return of Allotment
31 December 2008
2004 5 Year Scheme
Option Price 217p

Name & Address	No of shares Allotted
Mr Simon John Dodd 9 Badgers Close Crowborough East Sussex TN6 1RL	1,572
Total number of Allotments	1
Total number of Shares Allotted	1,572