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Securities Exchange Commission
Office of the International Corporate Finance
Room 3094 STOP 3-6
450 Fifth Street N.W.
Washington DC20549
USA



Ext: 020 7695 6378
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Date: 3 October 2003

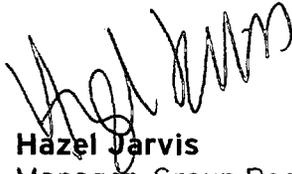
Dear Sir

SUPPL

Stock Exchange Announcements

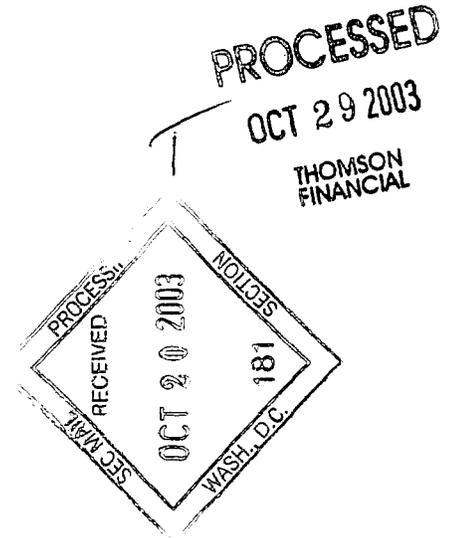
Please find enclosed a copy of the two announcements made to the London Stock Exchange on 3 October 2003.

Yours sincerely



Hazel Jarvis
Manager, Group Registration
& Shareholder Services

Enc



DL 10/27

Sainsbury's Operations Day

J Sainsbury plc will be holding an Investor Relations trip on Friday 3 October. Attendees will be shown a presentation and video on the new non food offer and have the opportunity to see the range in store at London Colney in Hertfordshire.

A presentation will also be given on our supply chain strategy, followed by a tour of the new facility at Waltham Point.

All presentation materials and the video will be available on our website at www.j-sainsbury.co.uk from 11am (BST).

The company will not be giving any new material information.

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Statement by J Sainsbury plc

Following recent press speculation concerning Safeway, J Sainsbury plc wishes to make it clear that it has no intention of seeking a judicial review.