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OFFICE OF INTERNATIONAL  
CORPORATE FINANCE

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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: 30 July 2004

Dear Sir

J Sainsbury plc

Please find enclosed copies of the above announcements made to the London Stock Exchange on 30 July 2004.

Yours sincerely

**Hazel Jarvis**  
Assistant Company Secretary

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J Sainsbury plc

J Sainsbury plc received notification on 30 July 2004 that Brandes Investment Partners L.L.C. and its affiliates have increased their reportable interest in the Company.

As a result the holding has passed one percentage integer and the reportable interest is now 8 per cent instead of 7 per cent previously reported.

End