

J Sainsbury plc

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OFFICE OF INTERNATIONAL
CORPORATE FINANCE

J Sainsbury plc
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London
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Securities Exchange Commission
Office of the International Corporate Finance
Room 3094, STOP 3-6
450 Fifth Street N.W.
Washington DC 20549
USA

62-913



05012953

Ext: 020 7695 6505
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Date: 22 November 2005

SUPPL

Dear Sir,

J Sainsbury plc Announces - Notification of transaction of Directors
J Sainsbury plc Announces - Holdings in Company

Please find enclosed copies of the above announcements made to the London Stock Exchange on 17 November 2005 and 22 November 2005.

Yours sincerely

David Kinnair
Company Secretariat

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NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS

1. Name of the *issuer*

J Sainsbury plc

2. State whether the notification relates to (i) a transaction notified in accordance with DR 3.1.4R(1)(a); or

(ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section 324 (as extended by section 328) of the Companies Act 1985; or

(iii) both (i) and (ii)

(i) and (ii)

3. Name of *person discharging managerial responsibilities/director*

Justin Matthew King

4. State whether notification relates to a *person* connected with a *person discharging managerial responsibilities/director* named in 3 and identify the *connected person*

N/A

5. Indicate whether the notification is in respect of a holding of the *person* referred to in 3 or 4 above or in respect of a non-beneficial interest

Justin Matthew King - J Sainsbury plc share purchase plan trust

6. Description of *shares* (including *class*), debentures or derivatives or financial instruments relating to *shares*

Ordinary Shares 28^{4/7} p each

7. Name of registered shareholders(s) and, if more than one, the number of *shares* held by each of them

HDSL Nominees Limited - SIP

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Purchase

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

40

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

n/a

12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

13. Price per *share* or value of transaction

287.50p

14. Date and place of transaction

17 November 2005

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

n/a

16. Date issuer informed of transaction

17 November 2005

If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes

17 Date of grant

.....

18. Period during which or date on which it can be exercised

.....

19. Total amount paid (if any) for grant of the option

.....

20. Description of *shares* or debentures involved (*class* and number)

.....

.....

21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise

.....

22. Total number of *shares* or debentures over which options held following notification

.....

23. Any additional information

.....

24. Name of contact and telephone number for queries

David Kinnair 0207 695 6378

Name and signature of duly authorised officer of *issuer* responsible for making notification

Hazel Jarvis

Date of notification

17 November 2005

**NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS
DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED
PERSONS**

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J Sainsbury plc

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(ii) *DR 3.1.4(R)(1)(b)* a disclosure made in accordance with section 324 (as extended
by section 328) of the Companies Act 1985; or

(iii) both (i) and (ii)

(i)

3. Name of *person discharging managerial responsibilities/director*

James John McCarthy

4. State whether notification relates to a *person* connected with a *person discharging
managerial responsibilities/director* named in 3 and identify the *connected person*

N/A

5. Indicate whether the notification is in respect of a holding of the *person* referred to
in 3 or 4 above or in respect of a non-beneficial interest

James John McCarthy - J Sainsbury plc share purchase plan trust

6. Description of *shares* (including *class*), debentures or derivatives or financial
instruments relating to *shares*

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HDSL Nominees Limited - SIP

Purchase

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40

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n/a

11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

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David Kinnair 0207 695 6378

Name and signature of duly authorised officer of *issuer* responsible for making notification

Hazel Jarvis

Date of notification

17 November 2005

ANNOUNCEMENT

J Sainsbury plc was informed by Miss Judith Portrait on 18 November 2005 that, as Trustee of the Blind Trust for Lord Sainsbury of Turville, she has entered into a contractual arrangement with a leading investment bank as a result of which she may, over the course of the next six months, reduce her interest in the company's shares by up to 20 million shares at prices above the current prevailing market price.

Her reportable interest in the company's shares as of 18 November 2005 remained unchanged at 19 per cent.

21 November 2005

Enquiries:

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