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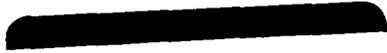
OFFICE OF INTERNATIONAL CORPORATE FINANCE

J Sainsbury plc  
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London  
EC1N 2HT

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www.j-sainsbury.co.uk

Securities and Exchange Commission  
Office Of the International Corporate Finance  
Room 3094 STOP 3-6  
450 Fifth Street N.W.  
Washington DC 20549  
USA

Ext: 020 7695 6378  
Fax: 020 7695 6378  
Date: 29 June 2006



06015082

SUPPL

Dear Sir

J Sainsbury Announces: Notification of Transactions of Directors, Persons Discharging Managerial Responsibility or Connected Persons

Please find enclosed a copy of the above announcement made to the London Stock Exchange on 29 June 2006.

Yours sincerely

*pp. Hazel Jarvis*

**Hazel Jarvis**  
Deputy Secretary

Enc

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THOMSON  
FINANCIAL  
*Dee 7/13*

**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<sup>4/7</sup> 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*

8 State the nature of the transaction

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

*35*

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

*329.50p*

14. Date and place of transaction

*29 June 2006*

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

*273,795*

16. Date issuer informed of transaction

*29 June 2006*

**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

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

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

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

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23. Any additional information

*Shares purchased under the Sainsbury's Colleague Share Purchase Plan.....*

24. Name of contact and telephone number for queries

*David Kinnair 0207 695 6505*

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

*Hazel Jarvis*

**Date of notification**

*29 June 2006*

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(i)

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

*Gwyn Burr*

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*N/A*

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*Kennedy McMeikan*

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*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<sup>4/7</sup> 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*

8 State the nature of the transaction

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

35

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

329.50*p*

14. Date and place of transaction

29 June 2006

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

273,795

16. Date issuer informed of transaction

29 June 2006

**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

*Shares purchased under the Sainsbury's Colleague Share Purchase Plan.....*

24. Name of contact and telephone number for queries

*David Kinnair 0207 695 6505*

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

*Hazel Jarvis*

**Date of notification**

*29 June 2006*

**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)

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

*Gwyn Burr*

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

*Gwyn Burr - 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<sup>4/7</sup> 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*

8 State the nature of the transaction

*Purchase*

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

35

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

329.50p

14. Date and place of transaction

29 June 2006

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

62,377

16. Date issuer informed of transaction

29 June 2006

**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

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

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23. Any additional information

*Shares purchased under the Sainsbury's Colleague Share Purchase Plan*

24. Name of contact and telephone number for queries

*David Kinnair 0207 695 6505*

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

*Hazel Jarvis*

**Date of notification**

*29 June 2006*

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

1. Name of the issuer

*J Sainsbury plc*

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(iii) both (i) and (ii)

(i)

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

*Kennedy McMeikan*

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

*Kennedy McMeikan - 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<sup>4/7</sup> 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*

8 State the nature of the transaction

*Purchase*

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

*34*

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

*329.50p*

14. Date and place of transaction

*29 June 2006*

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

*52,849*

16. Date issuer informed of transaction

*29 June 2006*

**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

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

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24. Name of contact and telephone number for queries

*David Kinnair 0207 695 6505*

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

*Hazel Jarvis*

**Date of notification**

*29 June 2006*

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

RECEIVED  
2006 JUL 12 A 11:45  
OFFICE OF INTERNATIONAL  
CORPORATE FINANCE

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<sup>A7</sup> 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*

8 State the nature of the transaction

*Purchase*

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

35

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

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

*Gwyn Burr*

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*Gwyn Burr - J Sainsbury plc share purchase plan trust*

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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

*Kennedy McMeikan - J Sainsbury plc share purchase plan trust*

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

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*29 June 2006*