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OFFICE OF INTERNATIONAL
CORPORATE FINANCE

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Washington DC 20549
USA

Ext: 020 7695 6378
Fax: 020 7695 6378
Date: 01 August 2006



06015952

082-00913

SUPPL

Dear Sir

J Sainsbury Announces: Notification of RSP Share Release

Please find enclosed a copy of the above announcements made to the London Stock Exchange on 1st August 2006.

Yours sincerely

pp

Hazel Jarvis
Deputy Secretary

Enc

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J THOMSON
FINANCIAL

Registered office as above
Registered number 185647 England

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2006 AUG 14 P 1:25

1 August 2006

OFFICE OF INTERNATIONAL
CORPORATE FINANCE

Computershare Trustees (C.I.) Limited, the Company's Employee Share Ownership Trust, released 18,998 ordinary shares in J Sainsbury plc on 1 August 2006 to Darren Shapland, chief financial officer, to satisfy the first release of shares under his restricted share plan. 13,202 shares have been retained to pay the associated tax.

As disclosed previously these arrangements were made to compensate Darren for losses arising from the Carpetright Executive Incentive Plans in the form of an award of restricted shares.

Enquiries:

Investor Relations

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Lynda Ashton

Media

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Pip Wood

1 August 2006

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