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2007 JAN -4 A 5:18

OFFICE OF INTERNATIONAL
CORPORATE FINANCE

82-00913

J Sainsbury plc
33 Holborn
London
EC1N 2HT

Telephone 020 7695 6000
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: 15 December 2006



Dear Sir

Please find enclosed a copy of the above announcements made to the London Stock Exchange on 15th December 2006.

Yours sincerely

Hazel Jarvis
Deputy Secretary

Enc

SUPPL

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JAN 05 2007

**THOMSON
FINANCIAL**

JW 1/4

Registered office as above
Registered number 185647 England

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

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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*

Darren Mark Shapland

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

Darren Mark Shapland - J Sainsbury plc save as you earn scheme

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

Ordinary Shares 28^{A/7} p each

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

n/a

8 State the nature of the transaction

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

n/a

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

n/a

14. Date and place of transaction

15 December 2006

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

15 December 2006

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

17 Date of grant

15 December 2006.....

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

1 March 2010 - 31 August 2010.....

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

n/a.....

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

2,881 Ordinary Shares 28⁴⁷ p each

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

328.0p.....

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

Hazel Jarvis 0207 695 6378

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

Hazel Jarvis

Date of notification

15 December 2006

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(iii) both (i) and (ii)

(i)

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

Timothy Fallowfield

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

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Timothy Fallowfield - J Sainsbury plc save as you earn scheme

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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

n/a

8 State the nature of the transaction

Save As You Earn Option granted

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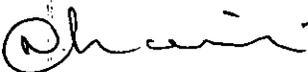
Ext: 020 7695 6378
Fax: 020 7695 6378
Date: 18 December 2006

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Registered office as above
Registered number 185647 England

J Sainsbury plc - Voting rights and capital

In conformity with the Transparency Directive's transitional provision 6 we would like to notify the market of the following:

J Sainsbury plc's capital consists of 1,715,765,898 ordinary shares of 284/7 pence with voting rights. J Sainsbury plc does not hold any shares in Treasury.

Therefore, the total number of voting rights in J Sainsbury plc is 1,715,765,898.

The above figure may be used by shareholders as the denominator for the calculations by which they will determine if they are required to notify their interest in, or a change to their interest in, J Sainsbury plc under the FSA's Disclosure and Transparency Rules.

For further information contact
Investor Relations
Lynda Ashton +44 (0) 20 7695 7162

END

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