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2007 MAY 23 A 10:47

OFFICE OF THE SECRETARY OF
CORPORATE FINANCE

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: 14 May 2007



07023757

SUPPL

Dear Sir

J Sainsbury Announces: Blocklisting Six Monthly Return.

Please find enclosed copies of the above announcements made to the London Stock Exchange on 14th May 2007.

Yours sincerely

Hazel Jarvis
Deputy Secretary

Enc

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MAY 25 2007
THOMSON
FINANCIAL

See 5/24

BLOCKLISTING SIX MONTHLY RETURN

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2007 MAY 23 A 10-5

OFFICE OF THE
SECRETARY OF THE
TREASURY

To: The FSA

Date: 14 May 2007

1. Name of *applicant*:

J Sainsbury plc

2. Name of scheme

Colleague Share Option Scheme

3. Period of return:

From 01/11/2006

To 30/04/2007

4. Balance under scheme from previous return:

5,385,482 ordinary shares of 28 4/7 pence each

5. The amount by which the block scheme has been increased, if the scheme has been increased since the date of the last return

5,000,000 on 15/02/2007

6. Number of *securities* issued/allotted under scheme during period:

8,803,072

7 Balance under scheme not yet issued/allotted at end of period

1,582,410

8. Number and *class* of *securities* originally listed and the date of admission

6,000,000 ordinary shares listed 12/11/2003 nil balance

5,000,000 ordinary shares listed 15/11/2005

9. Total number of *securities* in issue at the end of the period

1,736,953,336 ordinary shares of 28 4/7 pence each

Name of contact Hazel Jarvis

Address of contact J Sainsbury plc

33 Holborn
London EC1N 2HT

Telephone number of contact 0207 695 6378

Signed by Hazel Jarvis
Director/company secretary/suitably experienced employee/duly authorised officer, for and on behalf of

Name of *applicant* J Sainsbury plc

To: The FSA

Date: 14 May2007

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Executive Share Option Scheme

3. Period of return:

From 01/11/2006 To 30/04/2007

4. Balance under scheme from previous return:

731,370

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5,000,000 on 24/11/2006
10,000,000 on 15/02/2007

6. Number of *securities* issued/allotted under scheme during period:

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7 Balance under scheme not yet issued/allotted at end of period

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Save As You Earn

3. Period of return:

From 1/11/2006

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156,299

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2,000,000 on 24/11/06

8,000,000 on 15/02/07

6. Number of *securities* issued/allotted under scheme during period:

4,258,489

7 Balance under scheme not yet issued/allotted at end of period

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BLOCKLISTING SIX MONTHLY RETURN

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2007 MAY 23 A 10:5
OFFICE OF THE SECRETARY
OF CORPORATE AFFAIRS

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Name of contact Hazel Jarvis

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OFFICE OF THE REGISTRAR
OF COMPANIES AND
CHANGES OF CONTROL

33 Holborn
London EC1N 2HT

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