

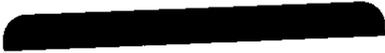
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DIRECTOR GENERAL
SECURITIES AND EXCHANGE COMMISSION

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: 24 December 2007



SUPL

Dear Sir

J Sainsbury Announces: Director/PDMR Shareholding.

Please find enclosed a copy of the above announcement made to the London Stock Exchange on 20 December 2007.

Yours sincerely

Hazel Jarvis
Deputy Secretary

Enc

PROCESSED

JAN 09 2008

**THOMSON
FINANCIAL**

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*

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

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

Timothy Fallowfield - 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^{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

2011/11/20
E-INT
2011/11/20

Save As You Earn Option granted

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

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13. Price per *share* or value of transaction

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20 December 2007

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

1 March 2011 - 31 August 2011.....

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

n/a.....

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

1,160 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

331.0p.....

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

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23. Any additional information

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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

20 December 2007

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Timothy Fallowfield - J Sainsbury plc save as you earn scheme

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Handwritten notes: SAINSBURY PLC, 28^{A7} p each, 28^{A7} p each

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n/a

13. Price per *share* or value of transaction

n/a

14. Date and place of transaction

20 December 2007

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

20 December 2007

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

17 Date of grant

20 December 2007

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

1 March 2011 - 31 August 2011

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

n/a.....

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

2,900 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

331.0p.....

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

20 December 2007

END