

# Sainsbury's

082-00913

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Sainsbury's Supermarkets Ltd  
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London  
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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  
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Date: 31 March 2009



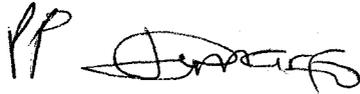
**SUPPL**

Dear Sir

J Sainsbury Announces: Director/PDMR Shareholding.

Please find enclosed copies of the above announcement made to the London Stock Exchange on 30<sup>th</sup> March 2009.

Yours sincerely



**Hazel Jarvis**  
Deputy Secretary

Enc

*See 4/13*

**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)

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

*Dido Harding*

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

*Dido Harding J Sainsbury plc Restricted Share Plan*

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

*n/a*

8 State the nature of the transaction

*Release of shares from Restricted Share Plan*

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

*72,212 shares acquired at nil cost. 29,607 shares sold to cover income tax and National Insurance Contributions with remaining balance of 42,605 shares retained*

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

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COMPANIES

n/a

11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

*29,607 shares were sold to cover income tax and National Insurance Contributions*

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

*Shares sold at £3.13*

14. Date and place of transaction

*30 March 2009*

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

*42,605*

16. Date issuer informed of transaction

*30 March 2009*

**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

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*