## J Sainsbury pic

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CORPORATE FOR

Securities and Exchange Commission Office Of the International Corporate Finance Room 3094 STOP 3-6 450 Fifth Street N.W.

USA

Washington DC 20549



J Sainsbury plc 33 Holborn London ECIN 2HT

Telephone 020 7695 6000 www.j-sainsbury.co.uk

Ext: Fax:

Date:

020 7695 6378 020 7695 6378

21 September 2006

SUPPL

Dear Sir

J Sainsbury Announces: Notification of Holdings in Company

Please find enclosed a copy of the above announcements made to the London Stock Exchange on 21st September 2006.

Yours sincerely

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**Hazel Jarvis**Deputy Secretary

Enc

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FINANCIAL

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J Sainsbury plc was informed on 21 September 2006 that Legal and General Group plc and/ or its subsidiaries held a substantial interest in the Company of 3.00 per cent.

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## J Sainsbury pic

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OFFICE OF INTERMATION CORPORATE FINALISE

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

Ext: Fax: 020 7695 6378 020 7695 6378

Date:

21 September 2006

Dear Sir

USA

J Sainsbury Announces: Notification of Transactions of Directors

Please find enclosed a copy of the above announcements made to the London Stock Exchange on 21st September 2006.

Yours sincerely

PP

**Hazel Jarvis**Deputy Secretary

Enc

Registered office as above Registered number 185647 England

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

1. Name of the issuer

J Sainsbury plc

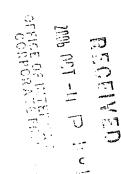
٠.:

- 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

Justin Matthew King



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

Justin Matthew King - J Sainsbury plc share purchase plan trust

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

HDSL Nominees Limited - SIP

8 State the nature of the transaction

9. Number of <i>shares</i> , debentures or financial instruments relating to <i>shares</i> acquired
30
10. Percentage of issued <i>class</i> acquired ( <i>treasury shares</i> of that <i>class</i> 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 <i>class</i> disposed ( <i>treasury shares</i> of that <i>class</i> should not be taken into account when calculating percentage)
n/a
13. Price per share or value of transaction
386.50p
14. Date and place of transaction
21 September 2006
15. Total holding following notification and total percentage holding following notification (any <i>treasury shares</i> should not be taken into account when calculating percentage)
273,890
16. Date issuer informed of transaction
21 September 2006

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 <i>shares</i> or debentures involved ( <i>class</i> 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 <i>shares</i> or debentures over which options held following notification
······································

Shares purchased under the Sainsbury's Colleague Share Purchase Plan
24. Name of contact and telephone number for queries
David Kinnair 0207 695 6505
Name and signature of duly authorised officer of issuer responsible for making notification
Hazel Jarvis
Date of notification
21 September 2006

23. Any additional information

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

1. Name of the <i>issuer</i>
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>(i)</i>
3. Name of person discharging managerial responsibilities/director
Gwyn Burr
4. State whether notification relates to a <i>person</i> connected with a <i>person discharging</i> 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 <i>person</i> referred to in 3 or 4 above or in respect of a non-beneficial interest
Gwyn Burr - J Sainsbury plc share purchase plan trust
6. Description of <i>shares</i> (including <i>class</i> ), debentures or derivatives or financial instruments relating to <i>shares</i>
Ordinary Shares 28 <sup>4/7</sup> p each

7. Name of registered shareholders(s) and, if more than one, the number of shares

HDSL Nominees Limited - SIP

held by each of them

Purchase
9. Number of <i>shares</i> , debentures or financial instruments relating to <i>shares</i> acquired 30
10. Percentage of issued <i>class</i> acquired ( <i>treasury shares</i> of that <i>class</i> should not be taken into account when calculating percentage)  n/a
11. Number of <i>shares</i> , debentures or financial instruments relating to <i>shares</i> disposed $n/a$
12. Percentage of issued <i>class</i> disposed ( <i>treasury shares</i> of that <i>class</i> should not be taken into account when calculating percentage)
n/a
13. Price per <i>share</i> or value of transaction 386.50p
<ul><li>14. Date and place of transaction</li><li>21 September 2006</li></ul>
15. Total holding following notification and total percentage holding following notification (any <i>treasury shares</i> should not be taken into account when calculating percentage)
62,472
16. Date issuer informed of transaction
21 September 2006

8 State the nature of the transaction

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
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Name and signature of duly authorised officer of issuer responsible for making notification
Hazel Jarvis
Date of notification
21 September 2006
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
Kennedy McMeikan
4. State whether notification relates to a <i>person</i> connected with a <i>person discharging</i> 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 <i>person</i> referred to in 3 or 4 above or in respect of a non-beneficial interest
Kennedy McMeikan - J Sainsbury plc share purchase plan trust
6. Description of <i>shares</i> (including <i>class</i> ), debentures or derivatives or financial instruments relating to <i>shares</i>
Ordinary Shares 28 <sup>4/7</sup> p each
7. Name of registered shareholders(s) and, if more than one, the number of <i>shares</i> held by each of them
HDSL Nominees Limited - SIP
8 State the nature of the transaction
Purchase
9. Number of <i>shares</i> , debentures or financial instruments relating to <i>shares</i> acquired
30
10. Percentage of issued <i>class</i> acquired ( <i>treasury shares</i> of that <i>class</i> should not be taken into account when calculating percentage)
n/a
11. Number of <i>shares</i> , debentures or financial instruments relating to <i>shares</i> disposed
n/a

. .. .

12. Percentage of issued <i>class</i> disposed ( <i>treasury shares</i> of that <i>class</i> should not be taken into account when calculating percentage)
n/a
13. Price per <i>share</i> or value of transaction
386.50p
14. Date and place of transaction
21 September 2006
15. Total holding following notification and total percentage holding following notification (any <i>treasury shares</i> should not be taken into account when calculating percentage)
52,945
16. Date issuer informed of transaction
21 September 2006
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 <i>shares</i> or debentures involved ( <i>class</i> and number)
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Name and signature of duly authorised officer of issuer responsible for making notification

Hazel Jarvis

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### Date of notification

21 September 2006

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1. Name of the issuer

J Sainsbury plc

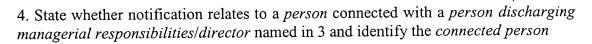
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- (iii) both (i) and (ii)

(i)and (ii)

3. Name of person discharging managerial responsibilities/director

Justin Matthew King



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

Justin Matthew King - J Sainsbury plc share purchase plan trust

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

HDSL Nominees Limited - SIP

8 State the nature of the transaction

9. Number of shares, debentures or financial instruments relating to shares acquired
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n/a
12 Drive year all are an evalue of transportion
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21 September 2006
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21 September 2006

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HDSI Nominees Limited - SIP

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#### Date of notification

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Hazel Jarvis

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#### Date of notification

21 September 2006

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Justin Matthew King

4. State whether notification relates to a *person* connected with a *person discharging managerial responsibilities/director* named in 3 and identify the *connected person* 

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Justin Matthew King - J Sainsbury plc share purchase plan trust

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n/a
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386.50p
300.30p
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22. Total number of *shares* or debentures over which options held following notification

Shares purchased under the Sainsbury's Colleague Share Purchase Plan
24. Name of contact and telephone number for queries
David Kinnair 0207 695 6505
Name and signature of duly authorised officer of issuer responsible for making notification
Hazel Jarvis
Date of notification
21 September 2006

23. Any additional information

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HDSL Nominees Limited - SIP

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N/A
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6. Description of <i>shares</i> (including <i>class</i> ), debentures or derivatives or financial instruments relating to <i>shares</i>
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7. Name of registered shareholders(s) and, if more than one, the number of <i>shares</i> held by each of them

Pur	chase
9. N	Sumber of shares, debentures or financial instruments relating to shares acquired
30	
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n/a	
11. 1	Number of <i>shares</i> , debentures or financial instruments relating to <i>shares</i> disposed
n/a	
	Percentage of issued <i>class</i> disposed ( <i>treasury shares</i> of that <i>class</i> should not be n into account when calculating percentage)
n/a	
13. F	Price per share or value of transaction
386	50p
14. I	Date and place of transaction
21 S	eptember 2006
notif	Total holding following notification and total percentage holding following ication (any treasury shares should not be taken into account when calculating entage)
62,41	72
16. L	Date issuer informed of transaction
21 Se	eptember 2006

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Hazel Jarvis

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21 September 2006

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Kennedy McMeikan - J Sainsbury plc share purchase plan trust
•
6. Description of <i>shares</i> (including <i>class</i> ), debentures or derivatives or financial instruments relating to <i>shares</i>
Ordinary Shares 28 <sup>4/7</sup> p each
7. Name of registered shareholders(s) and, if more than one, the number of <i>shares</i> held by each of them
HDSL Nominees Limited - SIP
8 State the nature of the transaction
Purchase
9. Number of shares, debentures or financial instruments relating to shares acquired
30
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 <i>class</i> disposed ( <i>treasury shares</i> of that <i>class</i> should not be taken into account when calculating percentage)
n/a
13. Price per <i>share</i> or value of transaction
386.50p
14. Date and place of transaction
21 September 2006
15. Total holding following notification and total percentage holding following notification (any <i>treasury shares</i> should not be taken into account when calculating percentage)
52,945
16. Date issuer informed of transaction
21 September 2006
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 <i>shares</i> or debentures involved ( <i>class</i> 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 <i>shares</i> or debentures over which options held following notification
23. Any additional information
Shares purchased under the Sainsbury's Colleague Share Purchase Plan
24. Name of contact and telephone number for queries
David Kinnair 0207 695 6505
Name and signature of duly authorised officer of issuer responsible for making notification
Hazel Jarvis

••

### Date of notification

21 September 2006

# 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)and (ii)

3. Name of person discharging managerial responsibilities/director

Justin Matthew King



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

Justin Matthew King - J Sainsbury plc share purchase plan trust

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

HDSL Nominees Limited - SIP

8 State the nature of the transaction

30
10. Percentage of issued <i>class</i> acquired ( <i>treasury shares</i> of that <i>class</i> should not be taken into account when calculating percentage)
n/a
11. Number of <i>shares</i> , debentures or financial instruments relating to <i>shares</i> disposed $n/a$
12. Percentage of issued <i>class</i> disposed ( <i>treasury shares</i> of that <i>class</i> should not be taken into account when calculating percentage)  n/a
13. Price per <i>share</i> or value of transaction  386.50p
14. Date and place of transaction
21 September 2006
15. Total holding following notification and total percentage holding following notification (any <i>treasury shares</i> should not be taken into account when calculating percentage)
273,890
16. Date issuer informed of transaction 21 September 2006

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

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 <i>shares</i> or debentures involved ( <i>class</i> 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 <i>shares</i> or debentures over which options held following notification

Plan	ourchased under the Sainsbury's Colleague Share Purchase
24. Nam	ne of contact and telephone number for queries
David K	innair 0207 695 6505
Name a notifica	nd signature of duly authorised officer of <i>issuer</i> responsible for mak tion
Hazel Ja	urvis
	notification
Date of	

23. Any additional information

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

.: .

1. Name of the issuer

HDSL Nominees Limited - SIP

J Sainsbury plc
2. State whether the notification relates to (i) a transaction notified in accordance with <i>DR</i> 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
Gwyn Burr
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 <i>person</i> referred to in 3 or 4 above or in respect of a non-beneficial interest
Gwyn Burr - J Sainsbury plc share purchase plan trust
6. Description of <i>shares</i> (including <i>class</i> ), debentures or derivatives or financial instruments relating to <i>shares</i>
Ordinary Shares 28 <sup>4/7</sup> p each
7. Name of registered shareholders(s) and, if more than one, the number of <i>shares</i> held by each of them

	Purchase
	9. Number of shares, debentures or financial instruments relating to shares acquired
	30
	10. Percentage of issued <i>class</i> acquired ( <i>treasury shares</i> of that <i>class</i> should not be taken into account when calculating percentage)
1	n/a
	11. Number of <i>shares</i> , debentures or financial instruments relating to <i>shares</i> disposed
r	n/a
1 t	2. Percentage of issued <i>class</i> disposed ( <i>treasury shares</i> of that <i>class</i> should not be aken into account when calculating percentage)
K	n/a
1	3. Price per <i>share</i> or value of transaction
3	886.50p
1	4. Date and place of transaction
2	1 September 2006
n	5. Total holding following notification and total percentage holding following otification (any <i>treasury shares</i> should not be taken into account when calculating ercentage)
6	2,472
1	6. Date issuer informed of transaction
2	1 September 2006

· .: .

8 State the nature of the transaction

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
<u></u>
19. Total amount paid (if any) for grant of the option
20. Description of <i>shares</i> or debentures involved ( <i>class</i> 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 <i>shares</i> or debentures over which options held following notification

23. <i>A</i>	4ny	additional	information
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Shares purchased under the Sainsbury's Colleague Share Purchase Plan

24. Name of contact and telephone number for queries

David Kinnair 0207 695 6505

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

Hazel Jarvis

#### Date of notification

21 September 2006

### 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
Kennedy McMeikan
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 <i>person</i> referred to in 3 or 4 above or in respect of a non-beneficial interest
Kennedy McMeikan - J Sainsbury plc share purchase plan trust
6. Description of <i>shares</i> (including <i>class</i> ), debentures or derivatives or financial instruments relating to <i>shares</i>
Ordinary Shares 28 <sup>4/7</sup> p each
7. Name of registered shareholders(s) and, if more than one, the number of <i>shares</i> held by each of them
HDSL Nominees Limited - SIP
8 State the nature of the transaction
Purchase
9. Number of <i>shares</i> , debentures or financial instruments relating to <i>shares</i> acquired 30
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 <i>shares</i> , debentures or financial instruments relating to <i>shares</i> disposed $n/a$

•

•

12. Percentage of issued <i>class</i> disposed ( <i>treasury shares</i> of that <i>class</i> should not be taken into account when calculating percentage)
n/a
13. Price per <i>share</i> or value of transaction
386.50p
14. Date and place of transaction
21 September 2006
as more than the second of the
15. Total holding following notification and total percentage holding following notification (any <i>treasury shares</i> should not be taken into account when calculating percentage)
52,945
16. Date issuer informed of transaction
21 September 2006
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 <i>shares</i> or debentures involved ( <i>class</i> 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 <i>shares</i> or debentures over which options held following notification
23. Any additional information
Shares purchased under the Sainsbury's Colleague Share Purchase Plan
24. Name of contact and telephone number for queries
David Kinnair 0207 695 6505
Name and signature of duly authorised officer of issuer responsible for making notification
Hazel Jarvis

### Date of notification

21 September 2006

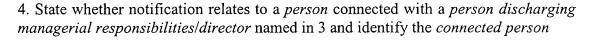
## NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS

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)and (ii)
- 3. Name of person discharging managerial responsibilities/director

Justin Matthew King



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

Justin Matthew King - J Sainsbury plc share purchase plan trust

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

HDSL Nominees Limited - SIP

8 State the nature of the transaction

9. Number of shares, debentures or financial instruments relating to shares acquired
30
10. Percentage of issued <i>class</i> acquired ( <i>treasury shares</i> of that <i>class</i> 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 <i>class</i> disposed ( <i>treasury shares</i> of that <i>class</i> should not be taken into account when calculating percentage)
n/a
13. Price per share or value of transaction
386.50p
14. Date and place of transaction
21 September 2006
15. Total holding following notification and total percentage holding following notification (any <i>treasury shares</i> should not be taken into account when calculating percentage)
273,890
16. Date issuer informed of transaction
21 September 2006

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 <i>shares</i> or debentures over which options held following notification

## 

23. Any additional information

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

· .. .

1. Name of the <i>issuer</i>
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>(i)</i>
3. Name of person discharging managerial responsibilities/director
Gwyn Burr
4. State whether notification relates to a <i>person</i> connected with a <i>person discharging managerial responsibilities/director</i> named in 3 and identify the <i>connected person</i>
N/A
5. Indicate whether the notification is in respect of a holding of the <i>person</i> referred to in 3 or 4 above or in respect of a non-beneficial interest
Gwyn Burr - J Sainsbury plc share purchase plan trust
6. Description of <i>shares</i> (including <i>class</i> ), debentures or derivatives or financial instruments relating to <i>shares</i>
Ordinary Shares 28 <sup>4/7</sup> p each
7. Name of registered shareholders(s) and, if more than one, the number of <i>shares</i> held by each of them

HDSL Nominees Limited - SIP

Purchase	
9. Number of <i>shares</i> , debentures or financial instruments relating to <i>shares</i> acquaintains acquaintain of the shares acq	iired
10. Percentage of issued <i>class</i> acquired ( <i>treasury shares</i> of that <i>class</i> should taken into account when calculating percentage)  n/a	not be
11. Number of <i>shares</i> , debentures or financial instruments relating to <i>shares</i> dispar/a	osed
12. Percentage of issued <i>class</i> disposed ( <i>treasury shares</i> of that <i>class</i> should taken into account when calculating percentage)	ot be
13. Price per <i>share</i> or value of transaction	
386.50p	
14. Date and place of transaction	
21 September 2006	
15. Total holding following notification and total percentage holding follo notification (any <i>treasury shares</i> should not be taken into account when calcul percentage)	wing ating
62,472	
16. Date issuer informed of transaction	
21 September 2006	

8 State the nature of the transaction

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 <i>shares</i> or debentures involved ( <i>class</i> 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 <i>shares</i> or debentures over which options held following notification

23. Ally additional information	23.	Any	additional	inform	atior
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Shares purchased under the Sainsbury's Colleague Share Purchase Plan

24. Name of contact and telephone number for queries

David Kinnair 0207 695 6505

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

Hazel Jarvis

#### Date of notification

21 September 2006

### 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
•	Kennedy McMeikan
	4. State whether notification relates to a <i>person</i> connected with a <i>person discharging</i> 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 <i>person</i> referred to in 3 or 4 above or in respect of a non-beneficial interest
	Kennedy McMeikan - J Sainsbury plc share purchase plan trust
	6. Description of <i>shares</i> (including <i>class</i> ), debentures or derivatives or financial instruments relating to <i>shares</i>
	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
	HDSL Nominees Limited - SIP
	8 State the nature of the transaction
	Purchase
	9. Number of <i>shares</i> , debentures or financial instruments relating to <i>shares</i> acquired 30
	10. Percentage of issued <i>class</i> acquired ( <i>treasury shares</i> of that <i>class</i> should not be taken into account when calculating percentage)
	n/a
	11. Number of <i>shares</i> , debentures or financial instruments relating to <i>shares</i> disposed
	n/a

· .. .

12. Percentage of issued <i>class</i> disposed ( <i>treasury shares</i> of that <i>class</i> should not be taken into account when calculating percentage)
n/a
13. Price per <i>share</i> or value of transaction
386.50p
14. Date and place of transaction
21 September 2006
15. Total holding following notification and total percentage holding following notification (any <i>treasury shares</i> should not be taken into account when calculating percentage)
52,945
16. Date issuer informed of transaction  21 September 2006
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 <i>shares</i> or debentures involved ( <i>class</i> 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 <i>shares</i> or debentures over which options held following notification
23. Any additional information
Shares purchased under the Sainsbury's Colleague Share Purchase Plan
24. Name of contact and telephone number for queries
David Kinnair 0207 695 6505
Name and signature of duly authorised officer of issuer responsible for making notification
Hazel Jarvis

### Date of notification

21 September 2006