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# Sainsbury's

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OFFICE OF INTERNATIONAL  
CORPORATE FINANCE

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Securities Exchange Commission  
Office of the International Corporate Finance  
Room 3094 STOP 3-6  
450 Fifth Street N.W.  
Washington DC 20546  
USA

5 October 2010



**SUPPL**

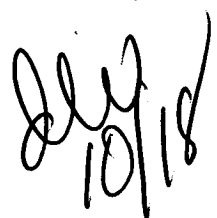
Dear Sir

Please find enclosed copies of announcements made to the London Stock Exchange on 16 September and on 1 October 2010.

Yours faithfully,



**Phillip Davies**  
Assistant Company Secretary



Registered office as above  
Registered number 3261722 England  
A subsidiary of J Sainsbury plc

16 September 2010

J Sainsbury plc

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Purchase of ordinary shares of 28 <sup>1</sup>/<sub>7</sub> pence in J Sainsbury plc ('Shares' and the 'Company', respectively) by Directors of the Company and Persons Discharging Managerial Responsibility (PDMRs) under the Sainsbury's Share Purchase Plan ('SSPP').

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The Company was notified on 16 September 2010 that the following Directors and other Persons Discharging Managerial Responsibility for the Company acquired Shares under the SSPP on 16 September 2010 held through HSDL Nominees Limited – SIP (the 'Trustee'):

Director	Number of Partnership shares purchased at 377.90 pence per share	Total holding following notification
Justin King	30	1,442,727
Darren Shapland	31	916,794
Person Discharging Managerial Responsibility		
Helen Buck	30	165,802
Gwyn Burr	30	223,210
Tim Fallowfield	31	345,220
Neil Sachdev	30	41,395

The SSPP operates as follows

- Each month the Trustee uses participants' contributions (which may not exceed £115 per participant per four weekly period) to purchase Shares in the market. These shares are called 'Partnership Shares'.

1 October 2010

**J Sainsbury plc - Voting rights and capital**

In accordance with the Disclosure and Transparency Rules (the 'Rules'), we would like to notify the market of the following:

J Sainsbury plc's capital as at 30 September 2010 consists of 1,865, 712,873 ordinary shares of 28 <sup>4</sup>/<sub>7</sub> 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 1,865,712,873.

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 Rules.

For further information please contact  
Hazel Jarvis +44 (0) 20 7695 6378  
END