Notification of Transactions of Directors/Persons Discharging Managerial Responsibility and Connected Persons

Please complete all relevant boxes should in block capital letters.

1.	Name of the *issuer* J SAINSBURY PLC	2.	State whether the notification relates to (i) a transaction notified in accordance with *DTR* 3.1.2 R, (ii) a disclosure made in accordance with section 793 of the Companies Act 2006, or (iii) in accordance with paragraph 26 of the Model Code (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	6.	Description of shares (including class), debentures or derivatives or financial instruments relating to shares ORDINARY SHARES 28 4/7 PENCE EACH
7.	Name of registered shareholders(s) and, if more than one, the number of shares held by each of them TIMOTHY FALLOWFIELD	8	State the nature of the transaction 1. EXERCISE OF A SHARESAVE OPTION (GRANTED IN 2012) OVER 943 SHARES 2. TRANSFER OF 250 SHARES TO KATE OLIVIA FALLOWFIELD
9.	Number of shares, debentures or financial instruments relating to shares acquired TIMOTHY FALLOWFIELD - 943 SHARES	10.	Percentage of issued class acquired (treasury shares of that class should not be taken into account when calculating percentage) -
11.	Number of shares, debentures or financial instruments relating to shares disposed 250 SHARES WERE TRANSFERRED TO KATE OLIVIA FALLOWFIELD	12.	Percentage of issued class disposed (treasury shares of that class should not be taken into account when calculating percentage) -
13.	Price per share or value of transaction	14.	Date and place of transaction

	1. SHARES ACQUIRED UNDER THE SHARESAVE AT AN OPTION PRICE OF £2.67 2. 250 SHARES TRANSFERRED TO KATE OLIVIA FALLOWFIELD FOR NIL CONSIDERATION		5 MAY 2016; LONDON
15.	Total holding following notification and total percentage holding following notification (any treasury shares should not be taken into account when calculating percentage) 424,157 SHARES	16.	Date issuer informed of transaction 5 MAY 2016

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 exercisable
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 TONY GUTHRIE 020 7695 3378

Name of authorised officer of issuer responsible for making notification

TONY GUTHRIE

Date of notification 5 MAY 2016