

11 July 2016

**J Sainsbury plc  
(the 'Company')**

**Notification of transactions by  
Persons Discharging Managerial Responsibilities ('PDMRs')**

The Company has been notified that in respect of the final dividend for the 2015/16 financial year paid on 8 July 2016, the following PDMRs acquired ordinary shares of 28<sup>4</sup>/<sub>7</sub> pence each in the Company through their participation in the Company's Dividend Reinvestment Plan ('DRIP'):

<b>PDMR</b>	<b>Date Acquired</b>	<b>Number of Shares acquired</b>	<b>Purchase price per Share</b>
Mary Harris	8 July 2016	487	£2.222051
Jon Hartland	8 July 2016	1,798	£2.222051

The Notification of Dealing Form for each PDMR can be found below.

This notification is made in accordance with the Market Abuse Regulation.

For further information please contact:

Lucy Glover  
Senior Assistant Company Secretary  
+44 (0)20 7695 8066

### Notification of dealing form

<b>1</b>	<b>Details of the person discharging managerial responsibilities / person closely associated</b>								
a)	Name	Mary Harris							
<b>2</b>	<b>Reason for the notification</b>								
a)	Position/status	Non-Executive Director							
b)	Initial notification /Amendment	Initial notification							
<b>3</b>	<b>Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor</b>								
a)	Name	J Sainsbury plc							
b)	LEI	N/A							
<b>4</b>	<b>Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted</b>								
a)	Description of the financial instrument, type of instrument Identification code	Ordinary shares of 28 <sup>4</sup> / <sub>7</sub> pence each  GB00B019KW72							
b)	Nature of the transaction	Purchase of shares under the Dividend Reinvestment Plan							
c)	Price(s) and volume(s)	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 50%;">Price(s)</th> <th style="width: 50%;">Volume(s)</th> </tr> <tr> <td>£2.222051 GBP</td> <td>487</td> </tr> </table>		Price(s)	Volume(s)	£2.222051 GBP	487		
Price(s)	Volume(s)								
£2.222051 GBP	487								
d)	Aggregated information  - Aggregated volume  - Price	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 33%;">Aggregate Price</th> <th style="width: 33%;">Aggregate Volume</th> <th style="width: 33%;">Aggregate Total</th> </tr> <tr> <td>£2.222051 GBP</td> <td>487</td> <td>£1,082.14</td> </tr> </table>		Aggregate Price	Aggregate Volume	Aggregate Total	£2.222051 GBP	487	£1,082.14
Aggregate Price	Aggregate Volume	Aggregate Total							
£2.222051 GBP	487	£1,082.14							
e)	Date of the transaction	8 July 2016 at 16.15 (UTC +1)							
f)	Place of the transaction	XLON							

### Notification of dealing form

<b>1</b>	<b>Details of the person discharging managerial responsibilities / person closely associated</b>								
a)	Name	Jon Hartland							
<b>2</b>	<b>Reason for the notification</b>								
a)	Position/status	Acting Retail and Operations Director							
b)	Initial notification /Amendment	Initial notification							
<b>3</b>	<b>Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor</b>								
a)	Name	J Sainsbury plc							
b)	LEI	N/A							
<b>4</b>	<b>Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted</b>								
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