

21 November 2025

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

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

Sale of Ordinary Shares

The Company was notified on 19 November that Rhian Bartlett (PDMR) has sold 500,000 ordinary shares of 28⁴/₇ pence each in the Company ('Shares') and that a Closely Associated Person of Bláthnaid Bergin (Director and PDMR) has sold 225,000 Shares.

PDMR	Date Shares Sold	Number of Shares Sold	Sale Price per Share
Rhian Bartlett	17 November 2025	500,000	£3.20645
Bláthnaid Bergin (Director)	18 November 2025	225,000 ⁽¹⁾	£3.1961

⁽¹⁾ Following the sale, Bláthnaid Bergin continues to hold an interest in 466,134 Shares

Purchase of Shares under the J Sainsbury plc Share Incentive Plan

The Company was also notified that, on 20 November 2025, the following PDMR acquired ordinary shares of 28⁴/₇ pence each in the Company ('Shares') through participation in the Company's Share Incentive Plan (also known as SSPP). The Shares were purchased at £3.216 each.

PDMR	Number of Shares acquired under the SSPP
Mark Given	43

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

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

For further information please contact:

Enquiries

Investor Relations: James Collins +44 (0) 20 7695 0080

Media: Rebecca Reilly +44 (0) 20 7695 7295

LEI: 213800VGZAAJIKJ9Y484

Notification of dealing form

1	Details of the person discharging managerial responsibilities / person closely associated		
a)	Name	Rhian Bartlett	
2	Reason for the notification		
a)	Position/status	Chief Commercial and Sustainability Officer	
b)	Initial notification /Amendment	Initial notification	
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor		
a)	Name	J Sainsbury plc	
b)	LEI	213800VGZAAJIKJ9Y484	
4	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		
a)	Description of the financial instrument, type of instrument	Ordinary shares of 28 ⁴ / ₇ pence each	
	Identification code	ISIN: GB00B019KW72	
b)	Nature of the transaction	Sale of Ordinary Shares	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		£3.20645	500,000
d)	Aggregated information	Aggregated price	Aggregated volume
		£1,603,225.00	N/A
e)	Date of the transaction	17 November 2025	
f)	Place of the transaction	London Stock Exchange (XLON)	

Notification of dealing form

1	Details of the person discharging managerial responsibilities / person closely associated		
a)	Name	Bláthnaid Bergin	
2	Reason for the notification		
a)	Position/status	Chief Financial Officer	
b)	Initial notification /Amendment	Initial notification	

3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor		
a)	Name	J Sainsbury plc	
b)	LEI	213800VGZAAJIKJ9Y484	
4	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		
a)	Description of the financial instrument, type of instrument	Ordinary shares of 28 ⁴ / ₇ pence each	
	Identification code	ISIN: GB00B019KW72	
b)	Nature of the transaction	Sale of Ordinary Shares by a Closely Associated Person (CAP)	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		£3.1961	225,000
d)	Aggregated information	Aggregated price	Aggregated volume
		£719,122.50	N/A
e)	Date of the transaction	18 November 2025	
f)	Place of the transaction	London Stock Exchange (XLON)	

Notification of dealing form

1	Details of the person discharging managerial responsibilities / person closely associated		
a)	Name	Mark Given	
2	Reason for the notification		
a)	Position/status	Chief Technology, Marketing and Data Officer	
b)	Initial notification /Amendment	Initial notification	
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor		
a)	Name	J Sainsbury plc	
b)	LEI	213800VGZAAJIKJ9Y484	
4	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		

a)	Description of the financial instrument, type of instrument	Ordinary shares of 28 ⁴ / ₇ pence each	
	Identification code	ISIN: GB00B019KW72	
b)	Nature of the transaction	Purchase of Shares under the J Sainsbury plc Share Incentive Plan	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		£3.216	43
d)	Aggregated information	Aggregated price	Aggregated volume
		£138.29	N/A
e)	Date of the transaction	20 November 2025	
f)	Place of the transaction	London Stock Exchange (XLON)	