

14 January 2026

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

Directors/PDMRs Shareholding

Exercise and Sale of Shares

The Company was notified that, on 12 January 2026, ordinary shares of 28⁴/₇ pence each in the Company ('Shares') granted under the J Sainsbury plc 2024 Long-Term Incentive Plan (the 'LTIP Plan'), were released to Simon Roberts (Director).

Simon was granted a Deferred Bank Award ('DBA') in May 2025 which would vest at the end of the 2025/26 Financial Year or the date that the bank capital was returned to shareholders, whichever was earlier.

There were no performance conditions applicable on the award and it was released upon vesting.

PDMR	Number of Shares released	Number of Shares sold ⁽¹⁾	Number of Shares retained ⁽²⁾
Simon Roberts (Director)	64,423	30,340	34,083

(1) The Shares were sold on the London Stock Exchange at an average price of £3.076777 per Share.

(2) Sufficient Shares were sold to cover tax withholding obligations and the balance was retained.

Purchase of Ordinary Shares

The Company was notified that, on 14 January 2026, the following PDMR purchased Shares.

PDMR	Date of purchase	Number of Shares	Purchase price per Share	Total number of Shares held following purchase
Katie Bickerstaffe	14 January 2026	5,534	£3.088	24,370

The Notification of Dealing Form 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

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LEI: 213800VGZAAJKJ9Y484

Notification of dealing form

1	Details of the person discharging managerial responsibilities / person closely associated	
a)	Name	Simon Roberts
2	Reason for the notification	
a)	Position/status	Chief Executive 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		
	Transaction 1		
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	Release of Shares under the J Sainsbury plc 2024 Long-Term Incentive Plan	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		Nil	64,423
d)	Aggregated information	Aggregated price	Aggregated volume
		N/A	N/A
e)	Date of the transaction	12 January 2026	
f)	Place of the transaction	Outside a trading venue	
	Transaction 2		
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 sufficient Shares to cover tax withholding obligations arising on the aforesaid release of Shares J Sainsbury plc 2024 Long-Term Incentive Plan	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		£3.076777	30,340
d)	Aggregated information	Aggregated price	Aggregated volume
		£93,349.41	30,340
e)	Date of the transaction	12 January 2026	
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	Katie Bickerstaffe	
2	Reason for the notification		
a)	Position/status	Non-Executive Director	
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		
	Transaction 1		
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 Ordinary Shares	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		£3.088	5.534

d)	Aggregated information	Aggregated price	Aggregated volume
		£17,088.99	5,534
e)	Date of the transaction	14 January 2026	
f)	Place of the transaction	London Stock Exchange (XLON)	

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