

29 April 2026

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

Directors/PDMRs Shareholding

The Company was notified that, on 28 April 2026, the following Directors and Persons Discharging Managerial Responsibility ('PDMRs') exercised Leaders Share Awards granted under the J Sainsbury plc Long Term Incentive Plan 2016 (the 'LTIP Plan'). The awards exercised were granted as nil-cost options over ordinary shares of 28⁴/₇ pence each in the Company ('Shares'). The Leaders Share Award vested in full after three years, in accordance with the achievement of the performance conditions.

PDMRs	Number of Shares Exercised	Number of Shares sold ⁽¹⁾	Number of Shares retained
Rhian Bartlett	325,146	153,125 ⁽²⁾	172,021
Graham Biggart	295,588	295,588	0
Patrick Dunne	150,003	70,643 ⁽²⁾	79,360
Mark Given	305,933	144,077 ⁽²⁾	161,856

- (1) The Shares were sold on the London Stock Exchange at an average price of £3.2766 per Share.
(2) Sufficient Shares were sold to cover tax withholding obligations and the balance was retained.

The Company was also notified that, on 28 April 2026, Patrick Dunne exercised a Performance LTIP granted in June 2023 under the LTIP Plan. The award exercised was granted as nil-cost options over Shares. The Performance LTIP vested in full after three years, in accordance with the achievement of the performance conditions.

PDMRs	Number of Shares Exercised	Number of Shares sold ⁽¹⁾	Number of Shares retained
Patrick Dunne	461,081	217,143 ⁽²⁾	243,938

- (1) The Shares were sold on the London Stock Exchange at an average price of £3.2766 per Share.
(2) Sufficient Shares were sold to cover tax withholding obligations and the balance was retained.

On 28 April 2026, Shares were released to the following PDMRs granted under the LTIP Plan. There were no performance conditions applicable on the awards and they were released upon vesting.

PDMRs	Number of Shares released	Number of Shares sold ⁽¹⁾	Number of Shares retained
Simon Roberts (Director)	418,705	197,186 ⁽²⁾	221,519
Bláthnaid Bergin (Director)	233,768	110,092 ⁽²⁾	123,676
Rhian Bartlett	195,725	92,176 ⁽²⁾	103,549
Graham Biggart	170,129	170,129	0
Patrick Dunne	148,169	69,779 ⁽²⁾	78,390
Mark Given	175,603	82,699 ⁽²⁾	92,904

- (1) The Shares were sold on the London Stock Exchange at an average price of £3.2766 per Share.
(2) Sufficient Shares were sold to cover tax withholding obligations and the balance was retained.

Following the sale of Shares, Graham Biggart continues to hold an interest in 646,215 Shares.

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

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 Long Term Incentive Plan 2016
c)	Price(s) and volume(s)	Price(s) Nil
		Volume(s) 418,705
d)	Aggregated information	Aggregated price N/A
		Aggregated volume 418,705
e)	Date of the transaction	28 April 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 under the J Sainsbury plc Long Term Incentive Plan 2016
c)	Price(s) and volume(s)	Price(s) £3.2766
		Volume(s) 197,186
d)	Aggregated information	Aggregated price £646,099.65
		Aggregated volume 197,186
e)	Date of the transaction	28 April 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	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		
	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 Long Term Incentive Plan 2016	
c)	Price(s) and volume(s)	Price(s)	Price(s) and volume(s)
		Nil	233,768
d)	Aggregated information	Aggregated price	Aggregated volume
		N/A	233,768
e)	Date of the transaction	28 April 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 under the J Sainsbury plc Long Term Incentive Plan 2016	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		£3.2766	110,092
d)	Aggregated information	Aggregated price	Aggregated volume
		£360,727.45	110,092
e)	Date of the transaction	28 April 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	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		
	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	Exercise of options granted under the J Sainsbury plc Long Term Incentive Plan 2016	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		Nil	325,146

d)	Aggregated information	Aggregated price	Aggregated volume
		N/A	325,146
e)	Date of the transaction	28 April 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 Shares following the exercise of the aforesaid options under the J Sainsbury plc Long Term Incentive Plan 2016	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		£3.2766	153,125
d)	Aggregated information	Aggregated price	Aggregated volume
		£501,729.38	153,125
e)	Date of the transaction	28 April 2026	
f)	Place of the transaction	London Stock Exchange (XLON)	
	Transaction 3		
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 Long Term Incentive Plan 2016	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		Nil	195,725
d)	Aggregated information	Aggregated price	Aggregated volume
		N/A	195,725
e)	Date of the transaction	28 April 2026	
f)	Place of the transaction	Outside a trading venue	
	Transaction 4		
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 under the J Sainsbury plc Long Term Incentive Plan 2016	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		£3.2766	92,176
d)	Aggregated information	Aggregated price	Aggregated volume
		£302,023.88	92,176
e)	Date of the transaction	28 April 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	Graham Biggart
2	Reason for the notification	
a)	Position/status	Managing Director Argos and Chief Strategy 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	Exercise of options granted under the J Sainsbury plc Long Term Incentive Plan 2016	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		Nil	295,588
d)	Aggregated information	Aggregated price	Aggregated volume
		N/A	295,588
e)	Date of the transaction	28 April 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 Shares following the exercise of aforesaid options under the J Sainsbury plc Long Term Incentive Plan 2016	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		£3.2766	295,588
d)	Aggregated information	Aggregated price	Aggregated volume
		£968,523.64	295,588
e)	Date of the transaction	28 April 2026	
f)	Place of the transaction	London Stock Exchange (XLON)	
	Transaction 3		
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 Long Term Incentive Plan 2016	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		Nil	170,129
d)	Aggregated information	Aggregated price	Aggregated volume
		N/A	170,129
e)	Date of the transaction	28 April 2026	
f)	Place of the transaction	Outside a trading venue	
	Transaction 4		
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 Shares following the aforesaid release of Shares under the J Sainsbury plc Long Term Incentive Plan 2016	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		£3.2766	170,129
d)	Aggregated information	Aggregated price	Aggregated volume

d)	Aggregated information	Aggregated price	Aggregated volume
		£557,444.68	170,129
e)	Date of the transaction	28 April 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	Patrick Dunne	
2	Reason for the notification		
a)	Position/status	Chief Property and Procurement Officer, and MD Smart Charge	
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	Exercise of options granted under the J Sainsbury plc Long Term Incentive Plan 2016	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		Nil	611,084
d)	Aggregated information	Aggregated price	Aggregated volume
		N/A	611,084
e)	Date of the transaction	28 April 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 exercising the aforesaid options under the J Sainsbury plc Long Term Incentive Plan 2016	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		£3.2766	287,786
d)	Aggregated information	Aggregated price	Aggregated volume
		£942,959.61	287,786
e)	Date of the transaction	28 April 2026	
f)	Place of the transaction	London Stock Exchange (XLON)	
	Transaction 3		
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 Long Term Incentive Plan 2016	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		Nil	148,169

d)	Aggregated information	Aggregated price	Aggregated volume
		N/A	148,169
e)	Date of the transaction	28 April 2026	
f)	Place of the transaction	Outside a trading venue	
	Transaction 4		
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 under the J Sainsbury plc Long Term Incentive Plan 2016	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		£3.2766	69,779
d)	Aggregated information	Aggregated price	Aggregated volume
		£228,637.87	69,779
e)	Date of the transaction	28 April 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	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				
	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	Exercise of options granted under the J Sainsbury plc Long Term Incentive Plan 2016			
c)	Price(s) and volume(s)	Price(s)	Volume(s)		
		Nil	305,933		
d)	Aggregated information	Aggregated price	Aggregated volume		
		N/A	305,933		
e)	Date of the transaction	28 April 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 exercising the aforesaid options under the J Sainsbury plc Long Term Incentive Plan 2016			

c)	Price(s) and volume(s)	Price(s)	Volume(s)
		£3.2766	144,077
d)	Aggregated information	Aggregated price	Aggregated volume
		£472,082.70	144,077
e)	Date of the transaction	28 April 2026	
f)	Place of the transaction	London Stock Exchange (XLON)	
	Transaction 3		
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 Long Term Incentive Plan 2016	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		Nil	175,603
d)	Aggregated information	Aggregated price	Aggregated volume
		N/A	175,603
e)	Date of the transaction	28 April 2026	
f)	Place of the transaction	Outside a trading venue	
	Transaction 4		
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 under the J Sainsbury plc Long Term Incentive Plan 2016	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		£3.2766	82,699
d)	Aggregated information	Aggregated price	Aggregated volume
		£270,971.54	82,699
e)	Date of the transaction	28 April 2026	
f)	Place of the transaction	London Stock Exchange (XLON)	

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