

ASPEN INSURANCE HOLDINGS LTD
 Form 4
 July 30, 2013

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
 Green Karen Ann

2. Issuer Name and Ticker or Trading Symbol
 ASPEN INSURANCE HOLDINGS LTD [AHL]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)

____ Director ____ 10% Owner
 Officer (give title below) ____ Other (specify below)

CEO AIUK Ltd AMAL Ltd

ASPEN INSURANCE HOLDINGS LIMITED, 141 FRONT STREET

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)

Form filed by One Reporting Person

____ Form filed by More than One Reporting Person

HAMILTON, D0 HM19

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)		
				Code	V	Amount				(A) or (D)	Price
Ordinary Shares	07/29/2013		M			28,495	A	\$ 27.28	43,571	D	
Ordinary Shares	07/29/2013		S			100	D	\$ 37.22	43,471	D	
Ordinary Shares	07/29/2013		S			200	D	\$ 37.23	43,271	D	
Ordinary Shares	07/29/2013		S			570	D	\$ 37.24	42,701	D	
Ordinary Shares	07/29/2013		S			400	D	\$ 37.245	42,301	D	

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Ordinary Shares	07/29/2013	S	930	D	\$ 37.25	41,371	D
Ordinary Shares	07/29/2013	F	100	D	\$ 37.255	41,271	D
Ordinary Shares	07/29/2013	S	500	D	\$ 37.26	40,771	D
Ordinary Shares	07/29/2013	S	300	D	\$ 37.265	40,471	D
Ordinary Shares	07/29/2013	S	800	D	\$ 37.27	39,671	D
Ordinary Shares	07/29/2013	F	700	D	\$ 37.2735	38,971	D
Ordinary Shares	07/29/2013	S	1,300	D	\$ 37.28	37,671	D
Ordinary Shares	07/29/2013	S	1,300	D	\$ 37.29	36,371	D
Ordinary Shares	07/29/2013	S	400	D	\$ 37.295	35,971	D
Ordinary Shares	07/29/2013	S	200	D	\$ 37.2975	35,771	D
Ordinary Shares	07/29/2013	S	958	D	\$ 37.3	34,813	D
Ordinary Shares	07/29/2013	S	1,200	D	\$ 37.31	33,613	D
Ordinary Shares	07/29/2013	S	600	D	\$ 37.315	33,013	D
Ordinary Shares	07/29/2013	S	1,742	D	\$ 37.32	31,271	D
Ordinary Shares	07/29/2013	S	400	D	\$ 37.325	30,871	D
Ordinary Shares	07/29/2013	S	2,569	D	\$ 37.33	28,302	D
Ordinary Shares	07/29/2013	S	1,631	D	\$ 37.34	26,671	D
Ordinary Shares	07/29/2013	S	1,400	D	\$ 37.35	25,271	D
Ordinary Shares	07/29/2013	S	600	D	\$ 37.355	24,671	D
Ordinary Shares	07/29/2013	S	1,695	D	\$ 37.36	22,976	D
	07/29/2013	F	500	D	\$ 37.365	22,476	D

Ordinary
Shares

Ordinary Shares	07/29/2013	S	1,400	D	\$ 37.37	21,076	D
Ordinary Shares	07/29/2013	S	200	D	\$ 37.375	20,876	D
Ordinary Shares	07/29/2013	F	1,200	D	\$ 37.38	19,676	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	Amount or Number of Shares
2007 Options	\$ 27.28	07/29/2013		M	28,495	05/04/2010 05/04/2014	Ordinary Shares	28,495

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

Green Karen Ann
ASPEN INSURANCE HOLDINGS LIMITED
141 FRONT STREET
HAMILTON, D0 HM19

CEO AIUK Ltd AMAL Ltd

Signatures

/s/ Patricia Roufca as Attorney-in-fact for Karen Green

07/30/2013

__Signature of Reporting Person

Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Remarks:

The sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan established by the reporting person on J

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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