

Russell Daniel Lawrence
 Form 3
 June 03, 2009

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF 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 *		2. Date of Event Requiring Statement	3. Issuer Name and Ticker or Trading Symbol	
Â Russell Daniel Lawrence		(Month/Day/Year)	ALLIED CAPITAL CORP [ALD]	
(Last)	(First)	(Middle)	4. Relationship of Reporting Person(s) to Issuer	5. If Amendment, Date Original Filed(Month/Day/Year)
1919 PENNSYLVANIA AVENUE, NW			(Check all applicable)	
(Street)			<input type="checkbox"/> Director	<input type="checkbox"/> 10% Owner
WASHINGTON, Â DC Â 20006			<input checked="" type="checkbox"/> Officer	<input type="checkbox"/> Other
(City)	(State)	(Zip)	(give title below)	(specify below)
			Managing Director	6. Individual or Joint/Group Filing(Check Applicable Line)
				<input checked="" type="checkbox"/> Form filed by One Reporting Person
				<input type="checkbox"/> Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	83,873	D	Â

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

SEC 1473 (7-02)

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

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
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	Date Exercisable	Expiration Date	Common Stock	Amount or Number of Shares		or Indirect (I) (Instr. 5)	
Incentive Stock Option (right to buy)	Â (1)	09/20/2011	Common Stock	4,085	\$ 21.59	D	Â
Incentive Stock Option (right to buy)	Â (2)	12/13/2012	Common Stock	4,646	\$ 21.52	D	Â
Incentive Stock Option (right to buy)	Â (3)	03/11/2014	Common Stock	6,900	\$ 28.98	D	Â
Non-Qualified Stock Option (right to buy)	Â (3)	03/11/2014	Common Stock	93,100	\$ 28.98	D	Â
Incentive Stock Option (right to buy)	Â (4)	08/03/2015	Common Stock	3,635	\$ 27.51	D	Â
Non-Qualified Stock Option (right to buy)	Â (4)	08/03/2015	Common Stock	296,365	\$ 27.51	D	Â
Incentive Stock Option (right to buy)	Â (5)	05/15/2014	Common Stock	3,380	\$ 29.58	D	Â
Non-Qualified Stock Option (right to buy)	Â (5)	05/15/2014	Common Stock	182,620	\$ 29.58	D	Â
Incentive Stock Option (right to buy)	Â (6)	02/01/2015	Common Stock	8,710	\$ 22.96	D	Â
Non-Qualified Stock Option (right to buy)	Â (6)	02/01/2015	Common Stock	241,290	\$ 22.96	D	Â
Incentive Stock Option (right to buy)	Â (7)	03/03/2016	Common Stock	50	\$ 0.73	D	Â
Non-Qualified Stock Option (right to buy)	Â (7)	03/03/2016	Common Stock	799,950	\$ 0.73	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Russell Daniel Lawrence 1919 PENNSYLVANIA AVENUE, NW WASHINGTON, DC 20006	Â	Â	Â Managing Director	Â

Signatures

s/s Daniel L. Russell
06/02/2009

**Signature of Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 5(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).

(1) The September 20, 2001 option grant vested in three annual installments commencing one year from date of grant.

(2) The December 13, 2002 option grant vested over a three-year period commencing on June 30, 2003.

(3) The March 11, 2004 option grant vested evenly over a four-year period commencing on June 30, 2004.

(4) The August 3, 2005 option grant vested in three equal installments on 6/30/06, 6/30/07 and 6/30/08

(5) The May 15, 2007 option grant vests in three equal installments on 06/30/07, 06/30/08 and 06/30/09.

(6) The February 1, 2008 option grant vests in three equal installments on 06/30/09, 06/30/10 and 06/30/11.

(7) The March 3, 2009 option grant vests in three equal installments on 06/30/09, 06/30/10 and 06/30/11.

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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