

ALLIED CAPITAL CORP
 Form 4
 July 19, 2007

FORM 4

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

OMB APPROVAL

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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 *
SWEENEY JOAN M

(Last) (First) (Middle)

1919 PENNSYLVANIA AVENUE,
 NW, 3RD FLOOR

(Street)

WASHINGTON, DC 20006

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol

ALLIED CAPITAL CORP [ALD]

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

07/18/2007

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

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

Chief Operating Officer

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

Form filed by One Reporting Person
 Form filed by More than One Reporting Person

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 Indirect Beneficial Ownership (Instr. 4)
Common Stock	07/18/2007		A	V Amount \$ 247,864 A 31.75	557,155	D	
Common Stock					18,052	I	by 401K
Common Stock					863	I	by joint

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

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number.

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 Security (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title Am Num Sha
Non-Qualified Stock Option (right to buy)	\$ 16.813	07/18/2007		D	285,000	(1) 05/26/2010	Common Stock 28
Non-Qualified Stock Option (right to buy)	\$ 17.75	07/18/2007		D	69,878	(3) 12/30/2009	Common Stock 69
Non-Qualified Stock Option (right to buy)	\$ 17.875	07/18/2007		D	32,469	(4) 12/08/2008	Common Stock 32
Non-Qualified Stock Option (right to buy)	\$ 21.375	07/18/2007		D	310,049	(5) 01/08/2008	Common Stock 31
Non-Qualified Stock Option (right to buy)	\$ 21.52	07/18/2007		D	457,635	(6) 12/13/2012	Common Stock 45
Non-Qualified Stock Option (right to buy)	\$ 21.59	07/18/2007		D	151,722	(7) 09/20/2011	Common Stock 15
Non-Qualified Stock Option (right to buy)	\$ 28.98	07/18/2007		D	221,550	(8) 03/11/2014	Common Stock 22

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
SWEENEY JOAN M 1919 PENNSYLVANIA AVENUE, NW 3RD FLOOR WASHINGTON, DC 20006	X		Chief Operating Officer	

Signatures

s/ Joan M.
Sweeney

07/19/2007

__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).
- (1) The canceled options, granted on May 26, 2000, provided for vesting in three annual installments commencing one year from date of grant.

On July 18, 2007, the issuer canceled, pursuant to the issuer's tender offer, options previously granted to the reporting person. In exchange for the options, the reporting person received an option cancellation payment ("OCP") which was paid one-half in cash and one-half in unregistered shares of the issuer's common stock. The value of the OCP was equal to the difference between the weighted average market price of \$31.75, less the exercise price of the option, multiplied by the number options canceled.
- (2) The canceled options, granted on December 30, 1999, provided for vesting in six annual installments commencing on grant date.
- (3) The canceled options, granted on December 8, 1998, provided for vesting in six annual installments commencing on grant date
- (4) The canceled options, granted on January 8, 1998, provided for vesting in six equal annual installments commencing on grant date.
- (5) The canceled options, granted on December 13, 2002, provided for vesting in three equal installments commencing on June 30, 2003.
- (6) The canceled options, granted on September 20, 2001, provided for vesting in three equal annual installments commencing one year from grant date.
- (7) The canceled options, granted on March 11, 004, provided for vesting in four equal installments on June 30, 2004, June 30, 2005, June 30, 2006 and June 30, 2007
- (8)

Remarks:

401(k) Plan holdings adjusted for routine non-reportable transactions.

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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