

ROSS EDWARD H
Form 4
September 13, 2005

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 *
ROSS EDWARD H

(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)
09/12/2005

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

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

Managing Director

6. Individual or Joint/Group Filing(Check Applicable Line)
X 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 Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(D)	Price

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

SEC 1474
(9-02)

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

1. Title of Derivative Security	2. Conversion or Exercise	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any	4. Transaction Code	5. Number of Derivative Securities	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Security (Instr. 3 and 4)
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(Instr. 3)	Price of Derivative Security	(Month/Day/Year)	(Instr. 8)		Date Exercisable	Expiration Date	Title	Amount or Number of Shares
			Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	Code V				
Non-Qualified Stock Option (right to buy)	\$ 21.52	09/12/2005	S	2,400	<u>(1)</u>	12/13/2012	Common Stock	2,400
Non-Qualified Stock Option (right to buy)	\$ 21.52	09/12/2005	S	4,400	<u>(1)</u>	12/13/2012	Common Stock	4,400
Non-Qualified Stock Option (right to buy)	\$ 21.52	09/12/2005	S	2,900	<u>(1)</u>	12/13/2012	Common Stock	2,900
Non-Qualified Stock Option (right to buy)	\$ 21.52	09/12/2005	S	4,500	<u>(1)</u>	12/13/2012	Common Stock	4,500
Non-Qualified Stock Option (right to buy)	\$ 21.52	09/12/2005	S	12,000	<u>(1)</u>	12/13/2012	Common Stock	12,000
Non-Qualified Stock Option (right to buy)	\$ 21.52	09/12/2005	S	5,200	<u>(1)</u>	12/13/2012	Common Stock	5,200
Non-Qualified Stock Option (right to buy)	\$ 21.52	09/12/2005	S	5,200	<u>(1)</u>	12/13/2012	Common Stock	5,200
Non-Qualified Stock Option (right to buy)	\$ 21.52	09/12/2005	S	3,600	<u>(1)</u>	12/13/2012	Common Stock	3,600
Non-Qualified Stock Option (right to buy)	\$ 21.52	09/12/2005	S	3,600	<u>(1)</u>	12/13/2012	Common Stock	3,600
Non-Qualified Stock Option (right to buy)	\$ 21.52	09/12/2005	S	3,400	<u>(1)</u>	12/13/2012	Common Stock	3,400
Non-Qualified Stock Option (right to buy)	\$ 21.52	09/12/2005	S	5,800	<u>(1)</u>	12/13/2012	Common Stock	5,800
Non-Qualified Stock Option (right to buy)	\$ 21.52	09/12/2005	S	5,600	<u>(1)</u>	12/13/2012	Common Stock	5,600

