

ALLIED CAPITAL CORP
 Form 4
 September 01, 2005

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

OMB APPROVAL

OMB Number: 3235-0287
 Expires: January 31, 2005
 Estimated average burden hours per response... 0.5

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 *
 SCHEURER JOHN 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)

09/01/2005

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 Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
				(A) or (D)	Price		
Common Stock	09/01/2005		S ⁽¹⁾	2,700 D	\$ 28.65	277,236	D
Common Stock	09/01/2005		S ⁽¹⁾	600 D	\$ 28.75	276,636	D
Common Stock	09/01/2005		S ⁽¹⁾	3,600 D	\$ 28.76	273,036	D
Common Stock	09/01/2005		S ⁽¹⁾	2,100 D	\$ 28.79	270,936	D
Common Stock	09/01/2005		S ⁽¹⁾	4,800 D	\$ 28.8	266,136	D

Edgar Filing: ALLIED CAPITAL CORP - Form 4

Common Stock	09/01/2005	S ⁽¹⁾	1,800	D	\$ 28.81	264,336	D	
Common Stock	09/01/2005	S ⁽¹⁾	900	D	\$ 28.82	263,436	D	
Common Stock	09/01/2005	S ⁽¹⁾	600	D	\$ 28.83	262,836	D	
Common Stock	09/01/2005	S ⁽¹⁾	600	D	\$ 28.84	262,236	D	
Common Stock	09/01/2005	S ⁽¹⁾	900	D	\$ 28.85	261,336	D	
Common Stock	09/01/2005	S ⁽¹⁾	2,100	D	\$ 28.86	259,236	D	
Common Stock	09/01/2005	S ⁽¹⁾	900	D	\$ 28.87	258,336	D	
Common Stock	09/01/2005	S ⁽¹⁾	3,600	D	\$ 28.88	254,736	D	
Common Stock	09/01/2005	S ⁽¹⁾	754	D	\$ 28.89	253,982	D	
Common Stock	09/01/2005	S ⁽¹⁾	2,700	D	\$ 28.9	251,282	D	
Common Stock	09/01/2005	S ⁽¹⁾	2,700	D	\$ 28.92	248,582	D	
Common Stock	09/01/2005	S ⁽¹⁾	600	D	\$ 28.93	247,982	D	
Common Stock	09/01/2005	S ⁽¹⁾	3,300	D	\$ 28.95	244,682	D	
Common Stock	09/01/2005	S ⁽¹⁾	600	D	\$ 28.98	244,082	D	
Common Stock						38,806	I	by 401K

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 (Instr. 3)	2. Conversion or Exercise Price of	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned
--	------------------------------------	--------------------------------------	--	--------------------------------	-------------------------	--	--	--	---

Derivative
Security

Securities
Acquired
(A) or
Disposed
of (D)
(Instr. 3,
4, and 5)

(Instr. 3 and 4)

Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
------	---	-----	-----	---------------------	--------------------	-------	--

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

SCHEURER JOHN M
1919 PENNSYLVANIA AVENUE, NW
3RD FLOOR
WASHINGTON, DC 20006

Managing
Director

Signatures

s/John M. 09/01/2005
Scheurer

__Signature of Date
Reporting Person

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) Sale Pursuant to a 10b5-1 Plan

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

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