BOWEN JIM C Form 4 October 16, 2009

FORM 4

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

OMB APPROVAL

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obligations

may continue.

See Instruction

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

			2. Issuer Name and Ticker or Trading Symbol					5. Relationship of Reporting Person(s) to Issuer		
			SONOCO PRODUCTS CO [SON]				ON	(Check all applicable)		
(Last)	(First)	(Middle)		Earliest T	ansaction			5.	10~	
				(Month/Day/Year) 10/14/2009				Director 10% Owner String Officer (give title Other (specify below) below) SR VP PRIMARY MATERIALS GROUP		
	(Street)		4. If Ame	ndment, Da	ate Origina	1		6. Individual or Jo	oint/Group Filir	g(Check
Filed(Mo				onth/Day/Year)				Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		
(City)	(State)	(Zip)	Table	e I - Non-I	Derivative	Secur	ities Acq	uired, Disposed o	f, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Da (Month/Day/Year	Execution any	med on Date, if Day/Year)	3. Transactic Code (Instr. 8)	4. Securi on(A) or D (Instr. 3,	ispose 4 and (A) or	d of (D)	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	10/14/2009			M	9,100	A	\$ 21.15	9,100	D	
Common Stock	10/14/2009			S	9,100	D	\$ 28.95	0	D	

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

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SEC 1474

(9-02)

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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)	any Co				Transaction Derivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4,		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amoun Underlying Securit (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amo or Num of Share				
Non-Qual. Stock Option(right to buy)w/tandem tax w/h right	\$ 21.15	10/14/2009		M	9,100	02/05/2004	02/05/2013	Common Stock	9,1				

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

BOWEN JIM C ONE NORTH SECOND STREET HARTSVILLE, SC 29550

SR VP PRIMARY MATERIALS GROUP

Signatures

By: George S. Hartley-Power of Attorney For: Jimmy C.
Bowen
10/16/2009

**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).

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. IN-LEFT: 0pt; MARGIN-RIGHT: 0pt" align="center">SUMMARY OF RESULTS

Half-year	Half-year	Change	
to	to	since	Half-year
30 June	30 June	30 June	to 31 Dec
2012	2011	2011	2011
£m	£m	%	£m

Management basis (note 1, page 84)

Reporting Owners 2

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Total underlying income, net of				
insurance claims	9,246	11,103	(17)	9,943
Total costs	(5,025)	(5,332)	6	(5,289)
Impairment	(3,157)	(5,422)	42	(4,365)
Underlying profit	1,064	349		289
Management profit	1,165	1,104	6	1,581
Banking net interest margin1	1.93%	2.12%		2.01%
Average interest-earning banking assets	£553.2bn	£596.5bn	(7)	£574.4bn
Cost:income ratio2	54.3%	48.0%		53.2%
Impairment as a % of average advances3	1.10%	1.77%		1.46%
Return on risk-weighted assets4	0.62%	0.18%		0.16%
Management basis – core				
Total underlying income, net of				
insurance claims	8,602	9,704	(11)	9,061
Total costs	(4,647)	(4,860)	4	(4,822)
Impairment	(978)	(1,636)	40	(1,251)
Underlying profit	2,977	3,208	(7)	2,988
Management profit	2,715	2,866	(5)	3,483
Banking net interest margin1	2.32%	2.43%		2.40%
Average interest-earning banking assets	£426.5bn	£445.9bn	(4)	£431.6bn
Cost:income ratio2	54.0%	50.1%		53.2%
Impairment as a % of average advances3	0.44%	0.72%		0.56%
Return on risk-weighted assets4	2.48%	2.50%		2.40%
Statutory results				