

ALLIED CAPITAL CORP
 Form 3
 July 08, 2005

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 DelDonna Christina Louise		(Month/Day/Year)	ALLIED CAPITAL CORP [ALD]	
(Last)	(First)	(Middle)	07/01/2005	
1919 PENNSYLVANIA AVENUE, NW, Â 3RD FLOOR			4. Relationship of Reporting Person(s) to Issuer	5. If Amendment, Date Original Filed(Month/Day/Year)
(Street)			(Check all applicable)	
WASHINGTON, Â DC Â 20006			<input type="checkbox"/> Director	<input type="checkbox"/> 10% Owner
(City)	(State)	(Zip)	<input checked="" type="checkbox"/> Officer	<input type="checkbox"/> Other
			(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	29,746	D	Â
Common Stock	14,791	I	by 401K

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. SEC 1473 (7-02)

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.

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	5. Ownership Form of Derivative	6. Nature of Indirect Beneficial Ownership (Instr. 5)
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	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Derivative Security	Security: Direct (D) or Indirect (I) (Instr. 5)	
Incentive Stock Option (right to buy)	Â (1)	12/30/2009	Common Stock	2,653	\$ 17.75	D	Â
Incentive Stock Option (right to buy)	Â (2)	12/08/2008	Common Stock	3,750	\$ 17.875	D	Â
Incentive Stock Option (right to buy)	Â (3)	12/13/2012	Common Stock	4,646	\$ 21.52	D	Â
Incentive Stock Option (right to buy)	Â (4)	07/22/2009	Common Stock	17,988	\$ 22	D	Â
Incentive Stock Option (right to buy)	Â (5)	03/11/2014	Common Stock	6,900	\$ 28.98	D	Â
Non-Qualified Stock Option (right to buy)	Â (6)	05/26/2010	Common Stock	54,815	\$ 16.813	D	Â
Non-Qualified Stock Option (right to buy)	Â (1)	12/30/2009	Common Stock	9,259	\$ 17.75	D	Â
Non-Qualified Stock Option (right to buy)	Â (7)	01/08/2008	Common Stock	53,182	\$ 21.375	D	Â
Non-Qualified Stock Option (right to buy)	Â (3)	12/13/2012	Common Stock	78,151	\$ 21.52	D	Â
Non-Qualified Stock Option (right to buy)	Â (8)	09/20/2011	Common Stock	50,554	\$ 21.59	D	Â
Non-Qualified Stock Option (right to buy)	Â (5)	03/11/2014	Common Stock	63,100	\$ 28.98	D	Â
Phantom Stock Units	Â (9)	Â (10)	Common Stock	14,819	\$ (11)	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
DelDonna Christina Louise 1919 PENNSYLVANIA AVENUE, NW 3RD FLOOR WASHINGTON, DC 20006	Â	Â	Â Managing Director	Â

Signatures

s/ Christina L.
DelDonna 07/08/2005

**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 December 30, 1999 grant vests in five annual installments commencing on grant date.
- (2) The December 8, 1998 grant vests in six annual installments commencing on grant date.
- (3) The December 13, 2002 grant vests over a three-year period, commencing on June 30, 2003.
- (4) The July 22, 1999 grant vests in six annual installments commencing on grant date.
- (5) The grant issued on March 11, 2004, vests in four installments on 6/30/04, 6/30/05, 6/30/06 and 6/30/07
- (6) The May 26, 2000 grant vests in three annual installments commencing one year from date of grant.
- (7) The January 8, 1998 grant vests in six annual installments commencing on grant date
- (8) The September 20, 2001 grant vests in three annual installments commencing one year from date of grant.
- (9) The phantom stock units were awarded under the Allied Capital Corporation Deferred Compensation Plan II and are fully vested.
- (10) Upon termination, phantom stock units will be distributed over a two year period or immediately upon a change in control.
- (11) Phantom Stock Units acquired have a 1 for 1 conversion.

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.