Postlewhite Stephen Form 4 February 13, 2013

FORM 4

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

Check this box if no longer subject to Section 16. Form 4 or

Form 5

obligations

may continue.

See Instruction

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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading Postlewhite Stephen Issuer Symbol ASPEN INSURANCE HOLDINGS (Check all applicable) LTD [AHL] (Last) (First) (Middle) 3. Date of Earliest Transaction Director 10% Owner X_ Officer (give title Other (specify (Month/Day/Year) below) ASPEN INSURANCE HOLDINGS 02/12/2013 Chief Risk Officer LIMITED, 141 FRONT STREET (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting HAMILTON, D0 HM19

(City)	(State)	(Zip) Table	e I - Non-D	D erivative	Secui	rities Acq	uired, Disposed o	f, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)			d of (D)	5. Amount of Securities Beneficially Owned Following Reported	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
			Code V	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		
Ordinary Shares	02/12/2013		M	1,180	A	\$ 24.44	4,620	D	
Ordinary Shares	02/12/2013		M	4,610	A	\$ 23.65	9,230	D	
Ordinary Shares	02/12/2013		M	8,549	A	\$ 27.28	17,779	D	
Ordinary Shares	02/12/2013		F	2,389	D	\$ 35.83	15,390	D	
Ordinary Shares	02/12/2013		F	907	D	\$ 35.82	14,483	D	

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Ordinary Shares	02/12/2013	F	1,000	D	\$ 35.81	13,483	D
Ordinary Shares	02/12/2013	F	1,117	D	\$ 35.8	12,366	D
Ordinary Shares	02/12/2013	F	800	D	\$ 35.79	11,566	D
Ordinary Shares	02/12/2013	F	400	D	\$ 35.78	11,166	D
Ordinary Shares	02/12/2013	F	652	D	\$ 35.77	10,514	D
Ordinary Shares	02/12/2013	F	1,200	D	\$ 35.76	9,314	D
Ordinary Shares	02/12/2013	F	3,996	D	\$ 35.75	5,318	D

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

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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)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. Number on 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 Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
2004 Options	\$ 24.44	02/12/2013		M		1,180	02/22/2007	12/22/2014	Ordinary Shares	1,180
2006 Options	\$ 23.65	02/12/2013		M		4,610	02/26/2009	02/16/2016	Ordinary Shares	4,610
2007 Options	\$ 27.28	02/12/2013		M		8,549	05/04/2010	05/04/2014	Ordinary Shares	8,549

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Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Postlewhite Stephen

ASPEN INSURANCE HOLDINGS LIMITED 141 FRONT STREET

Chief Risk Officer

HAMILTON, D0 HM19

Signatures

/s/ Patricia Roufca as Attorney-in-fact for Stephen Postlewhite

02/13/2013

**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.

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