

Postlewhite Stephen
Form 4
February 13, 2013

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

OMB APPROVAL

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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 *
Postlewhite Stephen

2. Issuer Name and Ticker or Trading Symbol
ASPEN INSURANCE HOLDINGS LTD [AHL]

5. Relationship of Reporting Person(s) to Issuer
(Check all applicable)
 Director 10% Owner
 Officer (give title below) Other (specify below)
Chief Risk Officer

(Last) (First) (Middle)
ASPEN INSURANCE HOLDINGS LIMITED, 141 FRONT STREET
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
02/12/2013

HAMILTON, D0 HM19

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

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

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)
			Code	V	Amount or Price (A) or (D)		
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. Transaction Code (Instr. 8)	5. Number of 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)	8. 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

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Postlewhite Stephen ASPEN INSURANCE HOLDINGS LIMITED 141 FRONT STREET HAMILTON, D0 HM19			Chief Risk Officer	

Signatures

/s/ Patricia Roufca as Attorney-in-fact for Stephen Postlewhite	02/13/2013
<small>**Signature of Reporting Person</small>	<small>Date</small>

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.

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