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Harris Alan Form 4										
February 02	ЛЛ	~~.~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~				~~~	~~~~~~~~~~~		PPROVAL	
	UNITED	UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549							3235-0287	
Check t if no lor subject Section Form 4	nger STATEN 16.	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							January 31, 2005 average urs per . 0.5	
Form 5 obligation may con <i>See</i> Inst 1(b).	ons Section 17(
(Print or Type	Responses)									
1. Name and Harris Alar	S	ymbol	er Name an		-	5. Relationship of Reporting Person(s) to Issuer				
(Last)	(First) (Spectra Energy Corp. [SE] 3. Date of Earliest Transaction				(Che	heck all applicable)		
5400 WESTHEIMER COURT			(Month/Day/Year) 01/29/2010			Director 10% Owner X Officer (give title Other (specify below) below) Chief Dev & Ops Officer				
			4. If Amendment, Date Original Filed(Month/Day/Year)			 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 				
HOUSTON	N, TX 77056-5310)					Form filed by l Person	More than One R	eporting	
(City)	(State)	(Zip)	Tab	le I - Non-l	Derivative	Securities A	cquired, Disposed o	of, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Da any (Month/Day/	on Date, if Transa Code		4. Securities onAcquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		SecuritiesFeBeneficially(IOwned(I	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code V	Amount	(A)or(D) Price	Transaction(s) (Instr. 3 and 4)			
Reminder: Re	port on a separate line	e for each class	s of sec	urities bene	ficially ow	ned directly o	or indirectly.			
							pond to the colled		SEC 1474	

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02) required to respond unless the form displays a currently valid OMB control number.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
 (e.g., puts, calls, warrants, options, convertible securities)

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

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8	С (]	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)					
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Phantom Stock Esp (3)	<u>(1)</u>	01/29/2010		А]	176.4705		(2)(4)	(2)(4)	Common Stock	176.4705

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
Harris Alan N			Chief Dev					
5400 WESTHEIMER COURT			& Ops					
HOUSTON, TX 77056-5310			Officer					
Signatures								
/a/Powerly I Fite atterney in feat t	for Mr							

/s/Beverly J. Fite, attorney-in-fact for Mr. Harris

**Signature of Reporting Person

02/02/2010 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).
- (1) Converts to Common Stock on a 1-for-1 basis.
- (2) Expiration date not applicable.

On January 2, 2007, Duke Energy Corporation distributed all of the shares of common stock of Spectra Energy Corp to Duke Energy's(3) shareholders. In connection with the distribution, the reporting person was granted long-term incentive awards in partial substitution of long-term incentive awards previously issued by Duke Energy.

(4) Payable upon termination of employment or occurence of other events as specified in the Spectra Energy Corp Executive Savings Plan, subject to holding periods required by law.

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.