

CAPITAL ONE FINANCIAL CORP
 Form 144
 July 24, 2007

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

OMB APPROVAL
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FORM 144

4.47

NOTICE OF PROPOSED SALE OF SECURITIES

SEC USE ONLY

PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

ATTENTION: Transmit for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale or executing a sale directly with a market maker.

DOCUMENT SEQUENCE NO.
CUSIP NUMBER
WORK LOCATION

1 (a) NAME OF ISSUER (Please type or print)	(b) IRS IDENT. NO.	(c) S.E.C. FILE NO.
Capital One Financial Corporation	54-1719854	1-13300

1 (d) ADDRESS OF ISSUER	STREET	CITY	STATE	ZIP CODE	(e) TELEPHONE NO.		
	1680 Capital One Drive	McLean	VA	22102	AREA CODE	NUMBER	
					703	720-1000	
2 (a) NAME OF PERSON FOR WHOSE	(b) IRS IDENT. NO.	(c) RELATIONSHIP TO		(d) ADDRESS	CITY	STATE	ZIP CODE
ACCOUNT THE SECURITIES	N/A	ISSUER		STREET			
ARE TO BE SOLD		CEO		1680 Capital One Drive	McLean	VA	22102

Richard D. Fairbank
INSTRUCTION: The person filing this notice should contact the issuer to obtain the I.R.S. Identification Number and the S.E.C. File Number.

3 (a) Title of the	(b) Name and Address of Each Broker	SEC USE ONLY	(c) Number of Shares	(d) Aggregate	(e) Number of Shares	(f) Approximate	(g) Name of Each
Class of	Through Whom the Securities are	Broker-Dealer	or Other Units	Market	or Other Units	Date of Sale	Securities
Securities	to be Offered or Each Market	File Number	To Be Sold	Value	Outstanding	(See instr. 3(f))	Exchange
To Be Sold	Maker who is Acquiring		(See instr. 3(c))	(See instr. 3(d))	(See instr. 3(e))	(MO. DAY YR.)	(See instr. 3(g))
	the Securities						
Common Stock	Banc of America Investment Services, Inc. 555 California Street, 7th Floor		311,497	\$24,343,490.55	415,593,371	Various	NYSE
				@ 7/23/2007	@ 04/30/2007	pursuant to 10b5-1 plan	

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San Francisco, CA 94104-1503

INSTRUCTIONS:

1. (a) Name of issuer
(b) Issuer's I.R.S. Identification Number
(c) Issuer's S.E.C. file number, if any
(d) Issuer's address, including zip code

(e) Issuer's telephone number, including area code
2. (a) Name of person for whose account the securities are to be sold
(b) Such person's I.R.S. identification number, if such person is an entity

(c) Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing)
(d) Such person's address, including zip code
3. (a) Title of the class of securities to be sold
(b) Name and address of each broker through whom the securities are intended to be sold
(c) Number of shares or other units to be sold (if debt securities, give the aggregate face amount)
(d) Aggregate market value of the securities to be sold as of a specified date within 10 days prior to the filing of this notice
(e) Number of shares or other units of the class outstanding, or if debt securities the face amount thereof outstanding, as shown by the most recent report or statement published by the issuer

(f) Approximate date on which the securities are to be sold
(g) Name of each securities exchange, if any, on which the securities are intended to be sold

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 control number.

SEC 1147 (01-04)

TABLE I SECURITIES TO BE SOLD

Furnish the following information with respect to the acquisition of the securities to be sold

and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment
Common Stock	Various	Vesting of options	Capital One Financial Corporation	311,497	Various	Vesting of options granted by Capital One Financial Corporation

INSTRUCTIONS: If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

TABLE II SECURITIES SOLD DURING THE PAST 3 MONTHS

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Richard D. Fairbank	Common Stock	May 1, 2007 through July 23, 2007	622,862	\$48,659,054.74
1680 Capital One Drive, McLean VA 22102 Gunston Hall	Common Stock	June 29, 2007	318	Gross proceeds are unknown because this is an assumed sale.

REMARKS:

The shares covered by this Form 144 are being sold pursuant to a 10b5-1 sales plan dated as of February 1, 2007, and the representation below regarding the seller's knowledge of material information speaks as of that plan's adoption date.

INSTRUCTIONS:

ATTENTION:

See the definition of "person" in paragraph (a) of Rule 144. Information to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed.

July 24, 2007

/s/ Richard D. Fairbank

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DATE OF NOTICE

(SIGNATURE)

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed.

Any copies not manually signed shall bear typed or printed signatures.

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)

SEC 1147 (01-04)