

FREDRICKSON STEVEN D
 Form 4
 July 12, 2005

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
 Expires: January 31, 2005
 Estimated average burden hours per response... 0.5

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 *
 FREDRICKSON STEVEN D

2. Issuer Name and Ticker or Trading Symbol
 PORTFOLIO RECOVERY ASSOCIATES INC [PRAA]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
 120 CORPORATE BLVD, SUITE 100
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 07/11/2005

Director 10% Owner
 Officer (give title below) Other (specify below)
 President, CEO, Chairman

NORFOLK, VA 23502

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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock	07/11/2005		M ⁽¹⁾		41,000 A \$ 13	385,385	D
Common Stock	07/11/2005		S ⁽²⁾		200 D \$ 42.7	385,185	D
Common Stock	07/11/2005		S ⁽²⁾		1,143 D \$ 42.71	384,042	D
Common Stock	07/11/2005		S ⁽²⁾		200 D \$ 42.72	383,842	D
Common Stock	07/11/2005		S ⁽²⁾		700 D \$ 42.73	383,142	D

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Common Stock	07/11/2005	<u>S(2)</u>	700	D	\$ 42.74	382,442	D
Common Stock	07/11/2005	<u>S(2)</u>	400	D	\$ 42.75	382,042	D
Common Stock	07/11/2005	<u>S(2)</u>	1,565	D	\$ 42.76	380,477	D
Common Stock	07/11/2005	<u>S(2)</u>	1,000	D	\$ 42.77	379,477	D
Common Stock	07/11/2005	<u>S(2)</u>	1,292	D	\$ 42.78	378,185	D
Common Stock	07/11/2005	<u>S(2)</u>	1,400	D	\$ 42.79	376,785	D
Common Stock	07/11/2005	<u>S(2)</u>	3,536	D	\$ 42.8	373,249	D
Common Stock	07/11/2005	<u>S(2)</u>	2,800	D	\$ 42.81	370,449	D
Common Stock	07/11/2005	<u>S(2)</u>	2,490	D	\$ 42.82	367,959	D
Common Stock	07/11/2005	<u>S(2)</u>	1,142	D	\$ 42.83	366,817	D
Common Stock	07/11/2005	<u>S(2)</u>	1,110	D	\$ 42.84	365,707	D
Common Stock	07/11/2005	<u>S(2)</u>	708	D	\$ 42.85	364,999	D
Common Stock	07/11/2005	<u>S(2)</u>	1,474	D	\$ 42.86	363,525	D
Common Stock	07/11/2005	<u>S(2)</u>	5,258	D	\$ 42.88	358,267	D
Common Stock	07/11/2005	<u>S(2)</u>	100	D	\$ 42.89	358,167	D
Common Stock	07/11/2005	<u>S(2)</u>	100	D	\$ 42.99	358,067	D
Common Stock	07/11/2005	<u>S(2)</u>	8,371	D	\$ 43	349,696	D
Common Stock	07/11/2005	<u>S(2)</u>	1,270	D	\$ 43.01	348,426	D
Common Stock	07/11/2005	<u>S(2)</u>	100	D	\$ 43.02	348,326	D
Common Stock	07/11/2005	<u>S(2)</u>	1,371	D	\$ 43.03	346,955	D
	07/11/2005	<u>S(2)</u>	500	D		346,455	D

Common Stock					\$	43.04	
Common Stock	07/11/2005		S ⁽²⁾	970	D	\$ 43.05	345,485 D
Common Stock	07/11/2005		S ⁽²⁾	1,100	D	\$ 43.06	344,385 D

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

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SEC 1474
(9-02)

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)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options (right to buy)	\$ 13	07/11/2005		M ⁽¹⁾	41,000	11/07/2003 11/07/2009	Common Stock	41,000	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
FREDRICKSON STEVEN D 120 CORPORATE BLVD SUITE 100 NORFOLK, VA 23502	X		President, CEO, Chairman	

Signatures

/s/ Steven D. Fredrickson 07/12/2005

**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).
- (1) The exercise of stock options is pursuant to a Rule 10b5-1 plan dated November 22, 2004. There are no options remaining to be exercised under this plan.
- (2) These sales are pursuant to a Rule 10b5-1 plan dated November 22, 2004. There are no remaining shares to be sold under this plan.

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.