

Quillen Michael J  
Form 4  
September 08, 2005

# 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 * Quillen Michael J			2. Issuer Name and Ticker or Trading Symbol Alpha Natural Resources, Inc. [ANR]		5. Relationship of Reporting Person(s) to Issuer  (Check all applicable)	
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year)		<input checked="" type="checkbox"/> Director	<input type="checkbox"/> 10% Owner
406 WEST MAIN STREET			09/06/2005		<input checked="" type="checkbox"/> Officer (give title below)	<input type="checkbox"/> Other (specify below)
	(Street)		4. If Amendment, Date Original Filed(Month/Day/Year)		President and CEO	
ABINGDON, VA 24210					6. Individual or Joint/Group Filing(Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> 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)
				(A) or (D)	Price		
Common Stock	09/06/2005		S <sup>(1)</sup>	V 767 D	\$ 30.53	863,730	D
Common Stock	09/06/2005		S <sup>(1)</sup>	200 D	\$ 30.2	863,530	D
Common Stock	09/06/2005		S <sup>(1)</sup>	100 D	\$ 30.18	863,430	D
Common Stock	09/06/2005		S <sup>(1)</sup>	100 D	\$ 30.16	863,330	D
Common Stock	09/06/2005		S <sup>(1)</sup>	200 D	\$ 30.15	863,130	D
Common Stock	09/06/2005		S <sup>(1)</sup>	1,000 D	\$ 30.14	862,130	D

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Common Stock	09/06/2005	<u>S(1)</u>	100	D	\$ 30.13	862,030	D
Common Stock	09/06/2005	<u>S(1)</u>	100	D	\$ 30.12	861,930	D
Common Stock	09/06/2005	<u>S(1)</u>	100	D	\$ 30.11	861,830	D
Common Stock	09/06/2005	<u>S(1)</u>	1,400	D	\$ 30.1	860,430	D
Common Stock	09/06/2005	<u>S(1)</u>	400	D	\$ 30.09	860,030	D
Common Stock	09/06/2005	<u>S(1)</u>	100	D	\$ 30.08	859,930	D
Common Stock	09/06/2005	<u>S(1)</u>	200	D	\$ 30.05	859,730	D
Common Stock	09/06/2005	<u>S(1)</u>	200	D	\$ 30	859,530	D
Common Stock	09/06/2005	<u>S(1)</u>	100	D	\$ 29.95	859,430	D
Common Stock	09/06/2005	<u>S(1)</u>	800	D	\$ 29.8	858,630	D
Common Stock	09/06/2005	<u>S(1)</u>	100	D	\$ 29.72	858,530	D
Common Stock	09/06/2005	<u>S(1)</u>	100	D	\$ 29.7	858,430	D
Common Stock	09/06/2005	<u>S(1)</u>	100	D	\$ 29.69	858,330	D
Common Stock	09/06/2005	<u>S(1)</u>	100	D	\$ 29.68	858,230	D
Common Stock	09/06/2005	<u>S(1)</u>	100	D	\$ 29.53	858,130	D
Common Stock	09/06/2005	<u>S(1)</u>	100	D	\$ 29.5	858,030	D
Common Stock	09/06/2005	<u>S(1)</u>	100	D	\$ 29.49	857,930	D
Common Stock	09/06/2005	<u>S(1)</u>	300	D	\$ 29.48	857,630	D
Common Stock	09/06/2005	<u>S(1)</u>	400	D	\$ 29.46	857,230	D
Common Stock	09/06/2005	<u>S(1)</u>	200	D	\$ 29.45	857,030	D
Common Stock	09/06/2005	<u>S(1)</u>	300	D	\$ 29.42	856,730	D
Common Stock	09/06/2005	<u>S(1)</u>	700	D	\$ 29.41	856,030	D
	09/06/2005	<u>S(1)</u>	4,700	D	\$ 29.4	851,330	D

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Common  
Stock

Common Stock 09/06/2005 S<sup>(1)</sup> 200 D \$ 29.39 851,130 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. Price of Derivative Security (Instr. 5)
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## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Quillen Michael J 406 WEST MAIN STREET ABINGDON, VA 24210	X		President and CEO	

## Signatures

Benjamin G. Hadary, Attorney-in-Fact for Michael J. Quillen

09/08/2005

\*\*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 sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on March 30, 2005.

**Remarks:**

This is the first of two Form 4's filed by the reporting person with respect to transactions occurring on September 6, 20

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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