

Alpha Natural Resources, Inc.
Form 4
October 10, 2007

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 * Porco Joachim V			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 type="checkbox"/> Director	<input type="checkbox"/> 10% Owner
			10/08/2007		<input checked="" type="checkbox"/> Officer (give title below)	<input type="checkbox"/> Other (specify below)
ONE ALPHA PLACE, P.O. BOX 2345					Vice President	
(Street)			4. If Amendment, Date Original Filed(Month/Day/Year)		6. Individual or Joint/Group Filing(Check Applicable Line)	
ABINGDON, VA 24212					<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 Ownership (Instr. 4)
				(A) or (D)	Price		
Common Stock	10/08/2007		M ⁽¹⁾	23,564	A \$ 12.73	52,952	D
Common Stock	10/08/2007		M ⁽¹⁾	4,000	A \$ 19	56,952	D
Common Stock	10/08/2007		S ⁽¹⁾	100	D \$ 25.02	56,852	D
Common Stock	10/08/2007		S ⁽¹⁾	900	D \$ 25.01	55,952	D
Common Stock	10/08/2007		S ⁽¹⁾	26,564	D \$ 25	29,388	D

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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 Security (Instr. 3 and 4)	Am or Num of S	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	
Stock Option (right to buy)	\$ 12.73	10/08/2007		M ⁽¹⁾	23,564	⁽²⁾ 11/10/2014	Common Stock	23	
Stock Option (right to buy)	\$ 19	10/08/2007		M ⁽¹⁾	4,000	⁽³⁾ 02/13/2015	Common Stock	4,	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Porco Joachim V ONE ALPHA PLACE P.O. BOX 2345 ABINGDON, VA 24212			Vice President	

Signatures

M. Robert Morrill, Attorney-in-Fact for Joachim V. Porco
 Porco
 10/10/2007
 **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 transactions reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on November 7, 2006.

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- (2) The 58,913 shares of Common Stock originally subject to this option vest in five equal annual installments beginning November 10, 2005.
- (3) The 10,000 shares of Common Stock originally subject to this option vest in five equal annual installments beginning February 14, 2006.

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.