Alpha Natural Resources, Inc.
Form 4
November 14, 2007

FORM 4

OMB APPROVAL

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

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

(Last) (First) (Middle)

ONE ALPHA PLACE, P.O. BOX 2345

(Street)

ABINGDON, VA 24212

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading Symbol
Alpha Natural Resources, Inc. [ANR]

3. Date of Earliest Transaction (Month/Day/Year)
11/12/2007

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

_____ Director _____ 10% Owner
__X__ Officer (give title below) _____ Other (specify below)
Vice President

6. Individual or Joint/Group Filing(Check Applicable Line)
_X_ Form filed by One Reporting Person
___ Form filed by More than One Reporting Person

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	(A) or (D)	Price			
Common Stock	11/12/2007		M(1)		11,782	A	$ 12.73	41,170	D	
Common Stock	11/12/2007		S(1)		1,700	D	$ 26.38	39,470	D	
Common Stock	11/12/2007		S(1)		100	D	$ 26.07	39,370	D	
Common Stock	11/12/2007		S(1)		200	D	$ 26.06	39,170	D	
Common Stock	11/12/2007		S(1)		100	D	$ 25.9	39,070	D	
	11/12/2007		S(1)		100	D	$ 25.83	38,970	D	

Common Stock							
Common Stock	11/12/2007	S(1)	1,100	D	$ 25.78	37,870	D
Common Stock	11/12/2007	S(1)	300	D	$ 25.77	37,570	D
Common Stock	11/12/2007	S(1)	100	D	$ 25.765	37,470	D
Common Stock	11/12/2007	S(1)	900	D	$ 25.73	36,570	D
Common Stock	11/12/2007	S(1)	100	D	$ 25.72	36,470	D
Common Stock	11/12/2007	S(1)	1,400	D	$ 25.71	35,070	D
Common Stock	11/12/2007	S(1)	100	D	$ 25.705	34,970	D
Common Stock	11/12/2007	S(1)	1,100	D	$ 25.7	33,870	D
Common Stock	11/12/2007	S(1)	500	D	$ 25.69	33,370	D
Common Stock	11/12/2007	S(1)	500	D	$ 25.67	32,870	D
Common Stock	11/12/2007	S(1)	1,300	D	$ 25.66	31,570	D
Common Stock	11/12/2007	S(1)	582	D	$ 25.62	30,988	D
Common Stock	11/12/2007	S(1)	600	D	$ 25.61	30,388	D
Common Stock	11/12/2007	S(1)	300	D	$ 25.605	30,088	D
Common Stock	11/12/2007	S(1)	400	D	$ 25.6	29,688	D
Common Stock	11/12/2007	S(1)	300	D	$ 25.59	29,388	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 Amou Underlying Secur (Instr. 3 and 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Am or Nu of S
Stock Option (right to buy)	$ 12.73	11/12/2007		M(1)			11,782	(2)	11/10/2014	Common Stock	11

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	11/14/2007
**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.

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

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.