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**UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549
FORM 144**

OMB APPROVAL	
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**NOTICE OF PROPOSED SALE OF SECURITIES
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.*

1. (a) Name Of Issuer (Please type or print)		(b) IRS Ident. No	(c) S.E.C. FILE NO.
Aspen Insurance Holdings Limited		000000000	001-31909
(d) Address Of Issuer	Street	City	State Zip Code
Maxwell Roberts Building, 1 Church Street		Hamilton, Bermuda HM11	441
2. (a) Name of person for whose account the Securities are to be sold		(b) Irs Ident. No.	(c) Relationship To Issue
Paul Myners		000000000	former Director

INSTRUCTION: *The person filing this notice should contact the issue File Number*

3. (a)	(b)	SEC USE ONLY (c)	(d)	(e)	(f)	(g)	
Title of the Class of Securities To Be Sold	Name and Address of Each Broker Through Whom the Securities are to be Offered or Each Market Maker who is Acquiring the Securities	Broker-Dealer File Number	Number of Shares or Other Units To Be Sold (See Instr. 3(c))	Aggregate Market Value (See Instr. 3(d))	Number of Shares or Other Units Outstanding (See Instr. 3(e))	Approximate Date of Sale (Mo. Day Yr.) (See Instr. 3(f))	Name of Each Securities Exchange (See Instr. 3(g))
Ordinary Shares	Mellon Securities LLC 480 Washington Blvd 24th Floor Jersey City, NJ 07310		92,409	\$2,522,765.7 (based on closing share price on May 11, 2007)	88,133,866 (as of 3/31/07)	5/14/07	NYSE

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 Social Security or I.R.S. Identification number
- (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