

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF  
SECURITIES

OMB APPROVAL

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or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* <u>Alexander Robert M.</u>	2. Date of Event Requiring Statement (Month/Day/Year) 01/30/2008	3. Issuer Name and Ticker or Trading Symbol <u>CAPITAL ONE FINANCIAL CORP [ COF ]</u>	
		4. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Chief Information Officer</u>	5. If Amendment, Date of Original Filed (Month/Day/Year)
(Last) (First) (Middle) 1680 CAPITAL ONE DRIVE			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person
(Street) MCLEAN VA 22102			
(City) (State) (Zip)			

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	44,433	D	
Common Stock	2	I	Robert M. Alexander UGMA
Common Stock	100	I	The Alexander Fund

Table II - Derivative Securities Beneficially Owned  
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	4. Conversion or Exercise Price of Derivative Security	5. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date				
Stock Options	(1)	12/05/2012	Common Stock	12,000	34.13	D
Stock Options	(2)	05/29/2010	Common Stock	8,000	46.38	D
Stock Options	04/22/2004	10/17/2011	Common Stock	46,203	48.56	D
Stock Options	(3)	12/12/2011	Common Stock	36,904	49.07	D
Stock Options	(4)	12/14/2013	Common Stock	17,200	56.28	D
Stock Options	(5)	04/28/2009	Common Stock	26,337	56.46	D
Stock Options	(6)	12/13/2010	Common Stock	5,000	57.59	D
Stock Options	06/19/2004	04/22/2008	Common Stock	1,454	59.38	D
Stock Options	12/11/2002	04/22/2008	Common Stock	532	60.04	D
Stock Options	10/04/2002	04/22/2008	Common Stock	2,203	61.5	D
Stock Options	04/30/2001	04/22/2008	Common Stock	327	62	D
Stock Options	11/25/2001	04/22/2008	Common Stock	266	67.35	D
Stock Options	01/26/2005	04/22/2008	Common Stock	102	68.24	D
Stock Options	01/26/2005	12/12/2011	Common Stock	116	68.24	D
Stock Options	(7)	03/01/2017	Common Stock	29,190	76.79	D
Stock Options	(8)	03/14/2015	Common Stock	13,046	78.71	D
Stock Options	06/07/2005	12/05/2012	Common Stock	807	79.25	D
Stock Options	05/12/2005	04/22/2008	Common Stock	1,353	79.36	D
Stock Options	04/27/2007	12/16/2008	Common Stock	3,153	82.03	D
Stock Options	04/27/2007	12/12/2011	Common Stock	439	82.03	D
Stock Options	04/27/2007	12/05/2012	Common Stock	3,168	82.03	D

**Table II - Derivative Securities Beneficially Owned  
(e.g., puts, calls, warrants, options, convertible securities)**

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion or Exercise Price of Derivative Security	5. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			
Stock Options	08/21/2006	12/05/2012	Common Stock	783	87.56	D	
Stock Options	(9)	03/02/2016	Common Stock	17,360	88.81	D	

**Explanation of Responses:**

1. This option became exercisable in 33 1/3 increments beginning on December 6, 2003 and annually thereafter.
2. This option became exercisable in 33 1/3 increments beginning on May 30, 2001 and annually thereafter.
3. This option became exercisable in 33 1/3 increments beginning on December 13, 2002 and annually thereafter.
4. This option became exercisable in 33 1/3 increments beginning on December 15, 2004 and annually thereafter.
5. This option vests in three tranches: three hundred (300) shares vested on April 29, 1999 and the remainder becomes exercisable in two equal increments, the first on April 29, 2005 and the last on April 29, 2008.
6. This option became exercisable in 33 1/3 increments beginning on December 14, 2001 and annually thereafter.
7. This option becomes exercisable in 33 1/3 increments beginning on March 2, 2008 and annually thereafter.
8. This option becomes exercisable in 33 1/3 increments beginning on March 15, 2006 and annually thereafter.
9. This option becomes exercisable in 33 1/3 increments beginning on March 3, 2007 and annually thereafter.

**Remarks:**

poalexander2008.TXT

Tangela S. Richter (POA on file)      02/01/2008

\*\* Signature of Reporting Person      Date

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

\* If the form is filed by more than one reporting person, see Instruction 5 (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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

**Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.**

POWER OF ATTORNEY

The undersigned hereby constitutes and appoints John G. Finneran, Jr., Stephen T. Gannon and Tangela S. Richter, each of them, each of them, as the true and lawful attorneys-in-fact (with full power of substitution and revocation in each) to:

- (1) execute, for and on behalf of the undersigned, any and all statements and reports required or permitted to be filed by the undersigned, in any and all capacities, under Section 16(a) of the Securities Exchange Act of 1934, as amended, and the rules promulgated thereunder (the "Act") with respect to the beneficial ownership of the securities of Capital One Financial Corporation (the "Company"), including without limitation Forms 3, 4, 5, and Form 144 required to be filed by the undersigned under Rule 144 of the Securities Act of 1933, as amended;
- (2) do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to complete and execute any such statements and reports and file such statements and reports, with all amendments, supplements and exhibits thereto, with the Securities and Exchange Commission, the New York Stock Exchange and/or any other stock exchange or any similar authority and to deliver copies thereof to the Company;
- (3) take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, may be of benefit to, in the best interest of, or legally required by, the undersigned, it being understood that the documents executed by such attorney-in-fact on behalf of the undersigned pursuant to this Power of Attorney shall be in such form and shall contain such terms and conditions as such attorney-in-fact may approve in his or her discretion; and
- (4) request and receive from any broker (i) periodic reports detailing the undersigned's retail holdings of Capital One's securities held in his or her account(s) and, (ii) confirmations of acquisitions or dispositions of the company's securities, or other derivative instrument based on any of the company's equity affected by such broker in or through his or her account(s), with no obligation to receive further approval from the undersigned for such request(s).

The undersigned hereby grants to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever required, necessary, or proper to be done in the exercise of any of the rights and powers herein granted, as fully as the undersigned could do if personally present, with full power of substitution or revocation, and hereby ratifies and confirms all that such attorneys-in-fact shall lawfully do or cause to be done by virtue of this Power of Attorney. The undersigned acknowledges that the foregoing attorneys-in-fact, acting in such capacity at the request of the undersigned, are not assuming, nor is the Company assuming, any of the undersigned's responsibilities to comply with Section 16 of the Act.

This Power of Attorney revokes all prior Powers of Attorney submitted to the Company with respect to the matters expressed herein, and shall remain in full force and effect until the undersigned is no longer required to file statements or reports under Section 16(a) of the Act with respect to holdings of and transactions in securities issued by the Company, unless earlier revoked by the undersigned in a signed writing delivered to the foregoing attorneys-in-fact.

IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of this 29th day of January, 2008.

Name: Robert M. Alexander

ACKNOWLEDGEMENT FOR POWER OF ATTORNEY

STATE OF \_Virginia\_\_\_\_)

CITY/Parish OF \_\_\_Henrico\_\_\_)

The foregoing instrument was acknowledged  
before me this \_29th day of \_January\_\_\_\_, 2008  
by

---Robert M. Alexander----.

Notary Public Glenda Cochran

Notary ID 222300

My commission expires January 31, 2008