

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL	
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<b>1. Name and Address of Reporting Person*</b> <u>FAIRBANK RICHARD D</u>  (Last) (First) (Middle) 1680 CAPITAL ONE DRIVE  (Street) MCLEAN VA 22102  (City) (State) (Zip)	<b>2. Issuer Name and Ticker or Trading Symbol</b> CAPITAL ONE FINANCIAL CORP [ COF ]	<b>5. Relationship of Reporting Person(s) to Issuer</b> (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) Chairman, CEO and President
	<b>3. Date of Earliest Transaction (Month/Day/Year)</b> 03/03/2008	
	<b>4. If Amendment, Date of Original Filed (Month/Day/Year)</b>	<b>6. Individual or Joint/Group Filing (Check Applicable Line)</b> <input checked="" type="checkbox"/> 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 <sup>(1)(2)</sup>	03/03/2008		S		200	D	\$46.12	2,454,669	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		100	D	\$46.13	2,454,569	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		100	D	\$46.15	2,454,469	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		100	D	\$46.16	2,454,369	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		300	D	\$46.18	2,454,069	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		300	D	\$46.19	2,453,769	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		300	D	\$46.2	2,453,469	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		100	D	\$46.24	2,453,369	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		100	D	\$46.25	2,453,269	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		100	D	\$46.26	2,453,169	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		200	D	\$46.28	2,452,969	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		200	D	\$46.29	2,452,769	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		100	D	\$46.3	2,452,669	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		200	D	\$46.32	2,452,469	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		200	D	\$46.33	2,452,269	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		100	D	\$46.35	2,452,169	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		100	D	\$46.37	2,452,069	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		200	D	\$46.4	2,451,869	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		100	D	\$46.42	2,451,769	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		100	D	\$46.44	2,451,669	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		100	D	\$46.45	2,451,569	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		100	D	\$46.47	2,451,469	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		100	D	\$46.48	2,451,369	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		100	D	\$46.49	2,451,269	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		100	D	\$46.62	2,451,169	D	
Common Stock <sup>(1)</sup>	03/03/2008		S		100	D	\$46.64	2,451,069	D	
Common Stock <sup>(1)</sup>								107,502	I	By Fairbank Morris

**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)	4. Deemed Execution Date, if any (Month/Day/Year)	5. Transaction Code (Instr. 8)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Underlying Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
<b>Explanation of Responses:</b> 1. This transaction was executed pursuant to a trading plan entered into by the Reporting Person on February 1, 2007, in accordance with Rule 10b5-1 under the Securities Exchange Act of 1934, as amended. 2. Due to SEC rules limiting the number of non-derivative transactions Code V report (A) on (D) is a con...										

/s/ Tangelia S. Richter (POA)  
on file for Richard D. Fairbank      03/04/2008

\*\* 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 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).

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.**