

**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	
OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

1. Name and Address of Reporting Person* <b>FAIRBANK RICHARD D</b>  (Last) (First) (Middle) <b>1680 CAPITAL ONE DRIVE</b>  (Street) <b>MCLEAN VA 22102</b>  (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <b>CAPITAL ONE FINANCIAL CORP [ COF ]</b>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <b>Chairman, CEO and President</b>
	3. Date of Earliest Transaction (Month/Day/Year) <b>03/07/2008</b>	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> 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)</sup>	03/07/2008		M		14,634	A	\$33.77	2,465,703	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		400	D	\$41.78	2,465,303	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		200	D	\$42.14	2,465,103	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		100	D	\$42.15	2,465,003	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		300	D	\$42.24	2,464,703	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		100	D	\$42.25	2,464,603	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		200	D	\$42.26	2,464,403	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		100	D	\$42.27	2,464,303	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		200	D	\$42.28	2,464,103	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		100	D	\$42.29	2,464,003	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		100	D	\$42.31	2,463,903	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		100	D	\$42.32	2,463,803	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		100	D	\$42.34	2,463,703	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		100	D	\$42.35	2,463,603	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		200	D	\$42.36	2,463,403	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		300	D	\$42.37	2,463,103	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		200	D	\$42.38	2,462,903	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		100	D	\$42.39	2,462,803	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		500	D	\$42.4	2,462,303	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		300	D	\$42.41	2,462,003	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		200	D	\$42.42	2,461,803	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		200	D	\$42.43	2,461,603	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		100	D	\$42.44	2,461,503	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		100	D	\$42.45	2,461,403	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		400	D	\$42.47	2,461,003	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		200	D	\$42.48	2,460,803	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		100	D	\$42.5	2,460,703	D	
Common Stock <sup>(1)</sup>	03/07/2008		S		100	D	\$42.51	2,460,603	D	

**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								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)	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 Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Employee Stock Option (Right to Buy)	\$33.77	03/07/2008		M			14,634	(2)	06/10/2008	COF	14,634	\$0	834,150	D	

**Explanation of Responses:**

- 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.
- This option was subject to and received stockholder approval on April 29, 1999, and the performance-based vesting criteria of the option was satisfied on September 11, 2000, the date on which the fair market value of the common stock reached and remained at or above \$58.33 for at least ten trading days in any 30 calendar-day period. This requirement had to be satisfied on or before June 11, 2001.

/s/ Tangela S. Richter (POA)  
on file for Richard D. Fairbank    03/10/2008

\*\* 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.

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