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ASPEN INSURANCE HOLDINGS 1 Form 8-K March 28, 2007	LTD	
UNITED STATES SECURITIES AND EXCHANGE CO Washington, DC 20549	OMMISSION	
FORM 8-K		
Current Report		
Pursuant to Section 13 OR 15(d) of the	ne Securities Exchange Act of 1	1934
Date of Report (Date of earliest event	reported): March 28, 2007	
ASPEN INSURANCE HOLDINGS I	LIMITED	
(Exact name of registrant as specified	l in its charter)	
D	001 21000	Net Applicable
Bermuda (State or other jurisdiction of incorporation)	001-31909 (Commission File Number)	Not Applicable (I.R.S. Employer Identification No.)
Maxwell Roberts Building 1 Church Street Hamilton HM 11 Bermuda		
(Address of principal executive office (Zip Code)	es)	
Registrant's telephone number, include	ding area code: (441) 295-8201	
Not Applicable		
(Former name or former address, if cl	hanged since last report)	
Check the appropriate box below if the registrant under any of the follow	_	to simultaneously satisfy the filing obligation of
[] Written communications pursuant	to Rule 425 under the Securitie	es Act (17 CFR 230.425)
[] Soliciting material pursuant to Rul	e 14a-12 under the Exchange A	Act (17 CFR 240.14a-12)
[] Pre-commencement communication (17 CFR 240.14d-2(b))	ons pursuant to Rule 14d-2(b) u	nder the Exchange Act

[] Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act

(17 CFR 240.13e-4(c))

Section 7 — Regulation FD

Item 7.01 Regulation FD Disclosure

As a foreign private issuer, Aspen Insurance Holdings Limited is required to furnish to the SEC information that is distributed or required to be distributed to its security holders. Aspen Insurance Holdings Limited is furnishing the proxy statement distributed to its shareholders, which has been attached as Exhibit 99.1.

Section 9 — Financial Statements and Exhibits

Item 9.01 Financial Statements and Exhibits

(d) Exhibits.

The following exhibit is furnished under Item 7.01 as part of this report:

99.1 Proxy Statement of Aspen Insurance Holdings Limited for the 2007 Annual General Meeting.

The information furnished under Item 7.01 "Regulation FD Disclosure" shall not be deemed "filed" for purpose of Section 18 of the Securities Exchange Act of 1934, as amended (the "Exchange Act"), or incorporated by reference in any filing under the Securities Act of 1933, as amended, or the Exchange Act, except as shall be expressly set forth by specific reference in such a filing.

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SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

ASPEN INSURANCE HOLDINGS LIMITED (Registrant)

Dated: March 28, 2007

/s/ Julian Cusack

Name: Julian Cusack

Title: Chief Financial Officer