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

Form 13F

Form	13F COVER PAGE					
Repo	rt for the Calendar	Year or Quar	ter Ended:	31-March-2010		
Chec	k here if Amendment	$[_];$ Amendme	ent Number:			
Т	his Amendment {Check	only one.):		restatement. new holdings	entries.	
Inst	itutional Investment	Manager Fil	ling this Re	port:		
Name Addr	: Capital One Fi ess: 1680 Capital O McLean, VA 221	ne Drive [.]	ooration			
Form	13F File Number: 02	8-12320				
it i to s comp	institutional invest s signed hereby repr ubmit it, that all i lete, and that it is dules, lists, and ta	esent that t nformation o understood	the person s contained he that all re	igning the re rein is true, quired items,	port is authori: correct and statements,	
Pers	on signing this repo	rt on behalf	of Reporti	ng Manager:		
	: Matthew J. Mur e: Head of Broker e: 631-577-5801	phy age, Trust,	COAM			
Sign	ature, Place, and Da	te of Signir	ng:			
/	s/ Matthew J. Murphy	Melv	ville, New Y	ork 	May 5, 2010	
	(Signature)		City, State)		(Date)	
Repo	rt Type (Check only	one):				
[_]	13F HOLDINGS REPORT are reported in thi		e if all ho	ldings qf thi	s reporting man	ager
[_]	13F NOTICE. (Check holdings are report				this report, and	d all
[X]	13F COMBINATION REP reporting manager a other reporting man	re reported				
	of Other Managers R there are no entries					
Form	13F File Number	Name				

Capital One, National Association

28-931 ------[Repeat as necessary.]

FORM 13F SUMMARY PAGE

Report Summary:

Number of Other Included Managers: 0

Form 13F Information Table Entry Total: 24

Form 13F Information Table Value Total: \$6,394 (thousands)

List of Other Included Managers:

Provide a numbered list of the name(s) and Form 13F file number(s) of all institutional managers with respect to which this report is filed, other than the manager filing this report.

NONE

FORM 13F INFORMATION TABLE

			VALUE	SHARES/	SH/	PUT/ INVSTMT	OTHER	VOTING AUTHORITY		
NAME OF ISSUER	TITLE OF CLASS	CUSIP	(x\$1000)	PRN AMT	PRN	CALL DSCRETN	MANAGERS	SOLE	SHARED	NONE
3M CO	COM	88579Y101	341	4075	СП	SOLE		0	0	4075
AT&T INC	COM	00206R102		6264		SOLE		0	0	6264
AUTOMATIC DATA PROCESSING IN	COM	053015103	293	6590		SOLE		0	0	6590
BP PLC	SPONSORED ADR	055622104	254	4450		SOLE		0	0	4450
BRISTOL MYERS SQUIBB CO	COM	110122108	292	10945		SOLE		0	0	10945
CHEVRON CORP NEW	COM	166764100	302	3977		SOLE		0	ō	3977
COCA COLA CO	COM	191216100	340	6179		SOLE		0	0	6179
CONOCOPHILLIPS	COM	20825C104	193	3763		SOLE		0	0	3763
DIAGEO P L C	SPON ADR NEW	252430205		3957		SOLE		0	0	3957
DU PONT E I DE NEMOURS & CO	COM	263534109	200	5376		SOLE		0	0	5376
EMERSON ELEC CO	COM	291011104		6875		SOLE		0	0	6875
FPL GROUP INC	COM	302571104	238	4930		SOLE		0	0	4930
ILLINOIS TOOL WKS INC	COM	452308109	253	5351		SOLE		0	Θ	5351
ISHARES TR INDEX	BARCLY USAGG B	464287226	222	2134	SH	SOLE		0	Θ	2134
ISHARES TR INDEX	BARCLYS TIPS BD	464287176	194	1869	SH	SOLE		0	0	1869
JOHNSON & JOHNSON	COM	478160104	314	4810	SH	SOLE		0	0	4810
MCDONALDS CORP	COM	580135101	259	3876	SH	SOLE		0	0	3876
MICROSOFT CORP	COM	594918104	251	8576	SH	SOLE		0	0	8576
PRICE T ROWE GROUP INC	COM	74144T108	374	6812	SH	SOLE		0	0	6812
PROCTER & GAMBLE CO	COM	742718109	238	3764	SH	SOLE		0	0	3764
TOTAL S A	SPONSORED ADR	89151E109	227	3921	SH	SOLE		0	0	3921
TRAVELERS COMPANIES INC	COM	89417E109	282	5236	SH	SOLE		0	Θ	5236
V F CORP	COM	918204108	313	3904	SH	SOLE		0	Θ	3904
VERIZON COMMUNICATIONS INC	COM	92343V104	239	7697	SH	SOLE		0	0	7697