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ASPEN INSURANCE HOLDINGS LTD

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Securities Exchange Act of 1	1934
eported): August 7, 2007	
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n its charter)	
001-31909 (Commission File Number)	Not Applicable (I.R.S. Employer Identification No.)
ng area code: (441) 295-8201	
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Form 8-K filing is intended to provisions:	to simultaneously satisfy the filing obligation o
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	Securities Exchange Act of Exported): August 7, 2007 MITED on its charter) O01-31909 (Commission File Number) riga area code: (441) 295-8201 riged since last report) Form 8-K filing is intended to provisions: to Rule 425 under the Secure 14a-12 under the Exchange ons pursuant to Rule 14d-2(b)

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Section 7 – Regulation FD

Item 7.01 Regulation FD Disclosure

The information about Aspen Insurance Holdings Limited (the "Company") described in the slides attached to this report as Exhibit 99.1 will be presented by the Chief Executive Officer and Chief Financial Officer of the Company to various investors starting August 7, 2007 and throughout the month of August. The Company furnishes the attached presentation which includes 2007 quarterly results, current market rates and conditions and updated 2007 Guidance as of August 7, 2007. We have amended guidance in respect of estimated ceded premiums from 6-8% of gross written premiums to approximately 9% of gross earned premiums to reflect (i) our purchase of additional frequency protection at more attractive rates than available in the first quarter of 2007 and (ii) our purchase of multi- year retrocessional policies. As a result, we believe that in respect of ceded business, it is more appropriate to provide guidance based on earned premiums than written premiums. This change in the ceded premium guidance does not impact our guidance on the Implied Return on Equity of between 16% to 20%.

Safe Harbor for Forward-Looking Statements

Some of the statements in Exhibit 99.1 include forward-looking statements which reflect our current views with respect to future events and financial performance. Such statements may include forward-looking statements both with respect to us in general and the insurance and reinsurance sectors specifically, both as to underwriting and investment matters. Statements which include the words "expect," "intend," "plan," "estimates," "guidance," "believe," "project," "seek," "will," and similar statements of a future or forward looking nature identify forward-looking statements in Exhibit 99.1 for purposes of the U.S. federal securities laws or otherwise. We intend these forward-looking statements to be covered by the safe harbor provisions for forward-looking statements in the Private Securities Litigation Reform Act of 1995.

All forward-looking statements address matters that involve risks and uncertainties. Accordingly, there are or may be important factors that could cause actual results to differ from those indicated in the forward-looking statements. See slide 2 of the attached presentation for such factors as well as our Annual Report on Form 10-K filed with the SEC.

Forward-looking statements speak only as of the date on which they are made, and we undertake no obligation publicly to update or revise any forward-looking statement, whether as a result of new information, future developments or otherwise.

Section 9. Financial Statements and Exhibits

Item 9.01- Financial Statements and Exhibits

- (d) The following exhibit is furnished under Item 7.01 as part of this report:
 - 99.1 Slides from presentation by management August 2007.

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: August 7, 2007 By: /s/ Richard Houghton

Name: Richard Houghton
Title: Chief Financial Officer

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