Edgar Filing: CAPITAL GOLD CORP - Form 4

CAPITAL G	GOLD CORP											
Form 4												
July 11, 200	8											
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION									OMB APPROVAL			
CUNIVI 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549								OMB Number:	3235-0287			
Check this box if no longer									Expires:	January 31, 2005		
subject to	b SIAIE	MENT OF	CHAN	GES IN BENEFICIAL OWNE				NERSHIP OF	Estimated average			
Section 1 Form 4 o	Section 16.				SECURITIES				burden hours per			
Form 5		rsuant to Se	ection 1	6(a) of th	e Securitie	es Exc	change	e Act of 1934,	response	0.5		
obligatio	ns Section 17						•	1935 or Section	L			
may cont See Instr	unue.			•	Company							
1(b).												
	,											
(Print or Type I	Responses)											
NEWELL ROGER Symbol				8				5. Relationship of Reporting Person(s) to Issuer				
				AL GOLD CORP [cgld.ob]								
(Lost)	(First)				-	-gra.c	,0]	(Check	all applicable)		
(Month/D 1781 S. LARKSPUR DR 07/09/20			f Earliest Transaction			_X_ Director10% Owner						
				-				Officer (give title Other (specify				
								below) below)				
			endment, Date Original				6. Individual or Joint/Group Filing(Check					
			ith/Day/Year	.)			Applicable Line) _X_ Form filed by One Reporting Person					
GOLDEN,	CO 80401							Form filed by Mo Person				
(City)	(State)	(Zip)	Tabl	e I - Non-D	Derivative So	ecuriti	es Acqu	uired, Disposed of,	or Beneficial	ly Owned		
1.Title of	2. Transaction Date	e 2A. Deeme	d	3.	4. Securitie	es Acqu	uired	5. Amount of	6.	7. Nature of		
Security	(Month/Day/Year) Execution Date, if			Transaction(A) or Disposed of (D)				Securities	Ownership	Indirect		
(Instr. 3)		any (Month/Day	Code (Instr. 3, 4 and 5) (Instr. 8)				Beneficially Owned		Beneficial Ownership			
		(Wonth/Duj	y/ 1 cur)	(1150.0)				Following	Indirect (I)	(Instr. 4)		
						(A)		Reported	(Instr. 4)			
						or		Transaction(s) (Instr. 3 and 4)				
Common				Code V	Amount	(D)	Price ¢					
Stock	07/09/2008			Μ	250,000	А	» 0.32	1,427,273	D			
200011							0.02					

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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 control number.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

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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. Transacti Code (Instr. 8)	5. Number of orDerivative 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 Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount o Number o Shares
Option	\$ 0.32	07/09/2008		М		250,000	02/21/2007	07/31/2008	Common Stock	250,00

Reporting Owners

Reporting Owner Name / Address	Relationships						
1	Director	10% Owner	Officer	Other			
NEWELL ROGER							
1781 S. LARKSPUR DR	Х						
GOLDEN, CO 80401							
Signatures							

Roger Newell07/11/2008**Signature of
Reporting PersonDate

Explanation of Responses:

* 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. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.