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WOBENSM	AITH JOHN C											
Form 4												
November 1	16, 2009											
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION									OMB APPROVAL			
UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549									OMB Number:	3235-0287		
Check the				U					Expires:	January 31,		
if no lon subject t		MENT OF	CHAN	NGES IN	ES IN BENEFICIAL OWNERSHIP OF					2005		
Section 16.				SECURITIES					Estimated average burden hours per			
Form 4	or								response 0.5			
Form 5	200						-	e Act of 1934,				
obligations may continue. See Instruction See												
<i>See</i> Insta 1(b).	ruction	50(11)		ii vestinen	it Compu	19 7 10		0				
(Print or Type	Responses)											
1. Name and .	Address of Reporting	Person *	2 Issue	er Name an	d Ticker or	Tradi	no	5. Relationship of l	Reporting Pers	on(s) to		
WOBENSMITH JOHN C Symbol						Truur		Issuer				
				CO SHIPPING & TRADING				(Check all applicable)				
												(Last)
				(Day/Teal)				_X_ Officer (give title Other (specify below) below)				
	LIMITED, 299 F	DADK	11/16/2	2009				CFO, Secretary & Treasurer				
	20TH FLOOR	ΑΚΚ										
TTTLITCL,	(Street)		4 If Δm	endment F)ate Origina	1		6 Individual or Ioi	nt/Group Filin	g(Check		
· · · · · · · · · · · · · · · · · · ·								6. Individual or Joint/Group Filing(Check Applicable Line)				
			× ×	, in the second s	,			_X_ Form filed by O				
NEW YOR	RK, NY 10171							Form filed by Me Person	ore than One Rej	porting		
(City)	(State)	(Zip)	Tab	ole I - Non-	Derivative	Secur	rities Acqu	uired, Disposed of,	or Beneficiall	y Owned		
1.Title of	2. Transaction Date	2A. Deeme	ed	3.	4. Securit	ies Ac	quired (A)	5. Amount of	6.	7. Nature of		
Security	(Month/Day/Year)	Execution I	Date, if		omr Dispos			Securities	Ownership	Indirect		
(Instr. 3)		any (Month/Day/Year)		Code (Instr. 3, 4 and 5) (Instr. 8)				Beneficially Owned	Form: Direct (D)	Beneficial Ownership		
				(Instr. 8)			Following	or Indirect	(Instr. 4)			
						(A)		Reported	(I)			
						or		Transaction(s) (Instr. 3 and 4)	(Instr. 4)			
a				Code V	Amount	(D)	Price	(msu. 5 and 4)				
Common Stock	11/16/2009			S	14,175	D	\$ 26.200 [°]	7 121,069	D			

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)

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. Transac Code (Instr. 8	5. tionNumber of) Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	Expiration D (Month/Day, e	6. Date Exercisable and Expiration Date (Month/Day/Year)		and at of ying ies 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title 1	Amount or Number of Shares		

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Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
WOBENSMITH JOHN C C/O GENCO SHIPPING & TRADING LIMITED 299 PARK AVENUE, 20TH FLOOR NEW YORK, NY 10171			CFO, Secretary & Treasurer				
Signatures							

/s/ John C. Wobensmith 11/16/2009

**Signature of Reporting Person

Date

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).
- These shares were sold under instructions given in accordance with Rule 10b5-1 under the Securities Exchange Act of 1934, as amended, (1) in order to satisfy the reporting person's tax obligations for certain restricted shares of common stock of the issuer that vested on November 15, 2009.

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.