

GENCO SHIPPING & TRADING LTD
 Form 144
 November 13, 2007

OMB APPROVAL

OMB Number: 3235-0101
 Expires: December 31, 2008
 Estimated average burden
 hours per response.....2.0

SEC USE ONLY
 DOCUMENT SEQUENCE NO.
 CUSIP NUMBER
 WORK LOCATION

UNITED STATES
 SECURITIES AND EXCHANGE COMMISSION
 Washington, DC 20549

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES
 PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

ATTENTION: *Transmit for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale or executing a sale directly with a market maker.*

1 (a) NAME OF ISSUER <i>(Please type or print)</i>		(b) IRS IDENT. NO.	(c) S.E.C. FILE NO.	
Genco Shipping & Trading Limited		98-043-9758	000-51442	
1 (d) ADDRESS OF ISSUER	STREET	CITY	(e) TELEPHONE NO.	
STATE ZIP CODE			AREA NUMBER	
299 Park Avenue, 20th Floor	New		646 443-8550	
York NY10171				

2 (a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD	(b) IRS IDENT. NO.	(c) RELATIONSHIP TO ISSUER	(d) ADDRESS STREET CODE	CITY	STATE
Robert Gerald Buchanan		Officer (President)	c/o Genco Shipping & Trading Limited 299 Park Avenue, 20th Floor York NY	New 10171	

INSTRUCTION: *The person filing this notice should contact the issuer to obtain the I.R.S. Identification Number and the S.E.C. File Number.*

3 (a)	(b)	SEC USE ONLY	(c)	(d)	(e)	(f)	(g)
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Title of the Class of Securities To Be Sold	Name and Address of Each Broker Through Whom the Securities are to be Offered or Each Market Maker who is Acquiring the Securities	Broker-Dealer File Number	Number of Shares or Other Units To Be Sold <i>(See instr. 3(c))</i>	Aggregate Market Value <i>(See instr. 3(d))</i>	Number of Shares or Other Units Outstanding <i>(See instr. 3(e))</i>	Approximate Date of Sale <i>(See instr. 3(f))</i> (MO. DAY YR.)	Name of Each Securities Exchange <i>(See instr. 3(g))</i>
Common Stock	Jefferies & Company, Inc. 520 Madison Ave 12 th floor New York, NY 10022		2,500	\$150,750 (11/9/07)	28,872,809	11/15/07	NYSE

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 control number.

SEC 1147 (01-04)

INSTRUCTIONS:

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| <p>1. (a) Name of issuer
 (b) Issuer's I.R.S. Identification Number
 (c) Issuer's S.E.C. file number, if any
 (d) Issuer's address, including zip code
 (e) Issuer's telephone number, including area code</p> | <p>3. (a) Title of the class of securities to be sold
 (b) Name and address of each broker through whom the securities are intended to be sold
 (c) Number of shares or other units to be sold (if debt securities, give the aggregate face amount)
 (d) Aggregate market value of the securities to be sold as of a specified date within 10 days prior to the filing of this notice
 (e) Number of shares or other units of the class outstanding, or if debt securities the face amount thereof outstanding, as shown by the most recent report or statement published by the issuer
 (f) Approximate date on which the securities are to be sold</p> |
| <p>2. (a) Name of person for whose account the securities are to be sold
 (b) Such person's I.R.S. identification number, if such person is an entity
 (c) Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing)
 (d) Such person's address, including zip code</p> | <p>(g) Name of each securities exchange, if any, on which the securities are intended to be sold</p> |

TABLE I - SECURITIES TO BE SOLD

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired <i>(If gift, also give date donor acquired)</i>	Amount of Securities Acquired	Date of Payment	Nature of Payment
Common Stock	11/15/07	Vesting of grant of restricted stock	Issuer	2,500	N/A	N/A

INSTRUCTIONS: 1. If the securities were purchased and full payment therefor was not made in cash at the time of the securities of purchase, explain in the table or in a note thereto the person for whose account they are to nature of the consideration given. If the consideration be sold had any consisted of any note or other obligation, or if payment was short positions, put or other option to made in installments describe the arrangement and stated dispose of securities when the note or other obligation was discharged in full or referred to in paragraph (d)(3) of Rule the last installment paid. 2. If within two years after the acquisition 144, furnish full information with respect thereto.

TABLE II - SECURITIES SOLD DURING THE PAST 3 MONTHS

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
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N/A

REMARKS:

The reporting person plans to sell these shares in order to satisfy his obligation for the withholding tax on certain shares of restricted stock of the issuer granted to him that have a vesting date of November 15, 2007.

INSTRUCTIONS:

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to the sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed.

11/13/07

DATE OF NOTICE

/s/ Robert Gerald Buchanan

(SIGNATURE)

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed.

Any copies not manually signed shall bear typed or printed signatures.

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)