STAPLES CATHY O

Form 4

March 26, 2010

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

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OMB APPROVAL

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obligations may continue.

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(Print or Type Responses)

2. Issuer Name and Ticker or Trading Symbol BELDEN INC. [BDC]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
3. Date of Earliest Transaction	(Check an applicable)		
(Month/Day/Year)	Director 10% Owner		
03/25/2010	_X_ Officer (give title Other (specify below) SVP, Human Resources		
4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		
	Symbol BELDEN INC. [BDC] 3. Date of Earliest Transaction (Month/Day/Year) 03/25/2010 4. If Amendment, Date Original		

(City)	(State)	(Zip) Tab	ole I - Non-	Derivative	Secui	rities Acquir	red, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactic Code (Instr. 8)	4. Securit our Dispos (Instr. 3,	ed of (5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock	03/25/2010		M	10,000	A	\$ 19.075	57,390	D	
Common Stock	03/25/2010		S	577	D	\$ 25.38	56,813	D	
Common Stock	03/25/2010		S	3,000	D	\$ 25.4	53,813	D	
Common Stock	03/25/2010		S	300	D	\$ 25.4006	53,513	D	
Common Stock	03/25/2010		S	2,323	D	\$ 25.41	51,190	D	

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Common Stock	03/25/2010	S	377	D	\$ 25.42	50,813	D
Common Stock	03/25/2010	S	123	D	\$ 25.4201	50,690	D
Common Stock	03/25/2010	S	300	D	\$ 25.4211	50,390	D
Common Stock	03/25/2010	S	100	D	\$ 25.43	50,290	D
Common Stock	03/25/2010	S	2,900	D	\$ 25.44	47,390	D
Common Stock	03/25/2010	M	5,167	A	\$ 11.92	52,557	D
Common Stock	03/25/2010	D	3,311 (1)	D	\$ 25.465	49,246	D
Common Stock	03/26/2010	S	556	D	\$ 25.61	48,690	D
Common Stock	03/26/2010	S	100	D	\$ 25.6201	48,590	D
Common Stock	03/26/2010	S	856	D	\$ 25.64	47,734	D
Common Stock	03/26/2010	S	100	D	\$ 25.6401	47,634	D
Common Stock	03/26/2010	S	244	D	\$ 25.65	47,390	D

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

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(D)

SEC 1474 (9-02)

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. Transactic Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4,	6. Date Exercisab Expiration Date (Month/Day/Year		7. Title and An Underlying Sec (Instr. 3 and 4)	
					and 5)	Date Exercisable	Expiration Date	Title	Ar or Nu

Code V (A)

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Stock Options	\$ 19.075	03/25/2010	M	10,000	02/23/2005(2)	02/23/2014	Common Stock	10
Stock Appreciation Rights	\$ 11.92	03/25/2010	M	5,167	02/24/2010(3)	02/24/2019	Common Stock	5

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

STAPLES CATHY O 7733 FORSYTH BOULEVARD, SUITE 800 ST. LOUIS, MO 63105

SVP, Human Resources

Signatures

/s/ Cathy O. Staples 03/26/2010

**Signature of Date
Reporting Person

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).
- This represents the difference between the number of SARs exercised (5,167) and the number of shares issued as a result of the exercise (1,856). The number of shares to be issued under a SAR exercise is determined by multiplying the number of SARs being exercised by the difference between the FMV on the date of exercise (\$25.465) and the exercise price (\$11.92). Additional shares are then withheld to satisfy the Company's tax withholding obligations.
- (2) The options became exercisable in three equal annual installments on February 23, 2005, February 23, 2006 and February 23, 2007.
- (3) 5,167 SARs became exercisable on February 24, 2010. The remaining 10,333 SARs will become exercisable in equal installments on February 24, 2011 and February 24, 2012.

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.

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