

GENCO SHIPPING & TRADING LTD
 Form 144
 November 13, 2007

OMB APPROVAL

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

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)

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)