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Harris Alan Form 4										
February 26	ЛЛ							PPROVAL		
	UNITED	UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549						3235-0287		
Check t if no lor subject Section Form 4	nger STATEN 16.									
Form 5 obligation may con <i>See</i> Inst 1(b).	ons Section 170	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								
(Print or Type	Responses)									
1. Name and Harris Alar	Address of Reporting 1 N	Symbo			-	5. Relationship of Reporting Person(s) to Issuer				
(Last)	(First) (•	Spectra Energy Corp. [SE] 3. Date of Earliest Transaction			(Check all applicable)				
~ /	THEIMER COUI	(Month	(Month/Day/Year) 02/23/2010			Director 10% Owner X Officer (give title Other (specify below) Chief Dev & Ops Officer				
	led(Month/Day/Year) Applicable Line _X_Form filed			Joint/Group Filing(Check						
HOUSTON	N, TX 77056-5310)				Form filed b Person	by More than One R	leporting		
(City)	(State)	(Zip) Ta	ble I - Non-D	Derivative	Securities A	Acquired, Disposed	d of, or Beneficia	ally Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Date, if TransactionAcquired (A) Code Disposed of (A) ay/Year) (Instr. 8) (Instr. 3, 4 and		(A) or of (D) 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
			Code V	Amount	(A)or(D) Price	Transaction(s) (Instr. 3 and 4)				
Reminder: Re	port on a separate line	e for each class of se	curities benef	-	-	-				
						spond to the coll tained in this for		SEC 1474 (9-02)		

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 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amo
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Secu
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8	5)	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)					
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	An or Nu of
Ltip Phantom Stock Grant	<u>(1)</u>	02/23/2010		А		21,500		02/23/2013	02/23/2013 <u>(2)</u>	Common Stock	21
Performance Shares	<u>(3)</u>	02/23/2010		А		23,000		02/23/2013	(4)	Common Stock	23

Reporting Owners

Reporting Owner Name / Address	Relationships							
FB	Director	10% Owner	Officer	Other				
Harris Alan N 5400 WESTHEIMER COURT HOUSTON, TX 77056-5310			Chief De & Ops Officer	v				
Signatures								
/s/Beverly J. Fite, attorney-in-fact f Harris	or Mr.	02/26/201	10					

**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).
- (1) Converts to Common Stock on a 1-for-1 basis.
- (2) Grant cliff vests 3 years from date of Grant.
- (3) Converts to Common Stock on a 1-for-1 basis. The number of performance shares that vest is based on the achievement of a specified total shareholder return for Spectra Energy Corp Common Stock.
- (4) Expiration date not applicable.

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.