

Spectra Energy Corp.
Form 4
January 10, 2007

FORM 4

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

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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 Address of Reporting Person *
Harris Alan N

(Last) (First) (Middle)
5400 WESTHEIMER COURT
(Street)

HOUSTON, TX 77056-5310

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
Spectra Energy Corp. [SE]

3. Date of Earliest Transaction
(Month/Day/Year)
01/08/2007

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
Group VP & Chief Dev.Off.

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership Indirect Beneficial Ownership (Instr. 4)
				(A) or (D)	Code V Amount (D) Price		

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.

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	2. Conversion or Exercise	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any	4. Transaction Code	5. Number of Derivative Securities	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
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(Instr. 3)	Price of Derivative Security	(Month/Day/Year)	(Instr. 8)	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (Right to Buy) ⁽¹⁾	\$ 23.79	01/08/2007	A	2,000					01/08/2007	02/17/2008	Common Stock	2,000
Employee Stock Option (Right to Buy) ⁽¹⁾	\$ 25.53	01/08/2007	A	2,825					01/08/2007	02/17/2009	Common Stock	2,825
Employee Stock Option (Right to Buy) ⁽¹⁾	\$ 21.42	01/08/2007	A	5,250					01/08/2007	12/20/2009	Common Stock	5,250
Employee Stock Option (Right to Buy) ⁽¹⁾	\$ 36.86	01/08/2007	A	3,700					01/08/2007	12/20/2010	Common Stock	3,700
Employee Stock Option (Right to Buy) ⁽¹⁾	\$ 32.44	01/08/2007	A	4,100					01/08/2007	12/19/2011	Common Stock	4,100
Employee Stock Option (Right to Buy) ⁽¹⁾	\$ 33	01/08/2007	A	2,050					01/08/2007	01/17/2012	Common Stock	2,050
Employee Stock Option (Right to Buy) ⁽¹⁾	\$ 32.54	01/08/2007	A	1,350					01/08/2007	04/01/2012	Common Stock	1,350
Employee Stock	\$ 11.86	01/08/2007	A	1,600					02/25/2007	02/25/2013	Common Stock	1,600

