FORM 4

Check this box if no
longer subject to
Section 16. Form 4 or
Form 5 obligations
may continue. See
Instruction 1(b).

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

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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 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses) 1. Name and Address of Reporting CONGDON JEFFREY W	2. Issuer Name OLD DOMIN [ODFL]			-	-	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) DirectorX_10% Owner Officer (give title below)X_0ther (specify below)						
(Last) (First) 7511 WHITEPINE ROAD	3. Date of Earlie 10/29/2010	st Transact	tion (Month/D	ay/Ye	Member of Section						
(Street)		4. If Amendmen	t, Date Ori	ginal	Filed(Mo	nth/Day	/Year)	6. Individual or Joint/Group Fili Form filed by One Reporting Person		cable Line)		
RICHMOND, VA 23237								_X_Form filed by More than One Reportin	ng Person			
(City) (State)	(Zip)	Ta	able I - No	n-De	erivative	Secur	ities Acqui	ired, 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)	(Instr. 8)		(A) or Dispo (Instr. 3, 4 ar		ed of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	Ownership Form:	Beneficial Ownership		
			Code	v	Amount	or (D)	Price		(I) (Instr. 4)			
Common Stock	10/29/2010		S ⁽¹⁾		6,429	D	\$ 28.0069 (12)	858,914 ⁽²⁾	I	As trustee of Jeffrey W. Congdon Revocable Trust		
Common Stock	10/29/2010		S ⁽¹⁾		8,940	D	\$ 28.0069 (<u>12)</u>	726,827 <u>(3)</u>	I	As trustee of Susan C. Terry Revocable Trust		
Common Stock	10/29/2010		S <mark>(1)</mark>		4,539	D	\$ 28.0069 <u>(12)</u>	307,925 <u>(4)</u>	D			
Common Stock	10/29/2010		S <mark>(1)</mark>		4,539	D	\$ 28.0069 <u>(12)</u>	308,177 (5)	D			
Common Stock	10/29/2010		S ⁽¹⁾		4,698	D	\$ 28.0069 <u>(12)</u>	280,120 <u>(6)</u>	D			
Common Stock	10/29/2010		S <mark>(1)</mark>		4,732	D	\$ 28.0069 <u>(12)</u>	283,898 (7)	D			
Common Stock	10/29/2010		S <mark>(1)</mark>		4,732	D	\$ 28.0069 <u>(12)</u>	283,896 ⁽⁸⁾	D			
Common Stock	10/29/2010		S <mark>(1)</mark>		3,489	D	\$ 28.0069 <u>(12)</u>	307,110 ⁽⁹⁾	D			
Common Stock	10/29/2010		S <mark>(1)</mark>		3,005	D	\$ 28.0069 <u>(12)</u>	304,866 <u>(10)</u>	D			
Common Stock	10/29/2010		S <mark>(1)</mark>		3,454	D	\$ 28.0069 (12)	306,951 <u>(11)</u>	D			
Common Stock								75,000 ⁽²⁾	I	As trustee of the Jeffrey W Congdon 2009 GRAT		
Common Stock								37,500 (<u>2)</u>	I	As trustee of the Jeffrey W Congdon 2010		

								GRAT #1
Common Stock						37,500 (<u>2)</u>	I	As trustee of the Jeffrey W. Congdon 2010 GRAT #2
Common Stock	11/01/2010	S ⁽¹⁾	291	D	\$ 28.114 (<u>13)</u>	858,623 (<u>2)</u>	I	As trustee of Jeffrey W. Congdon Revocable Trust
Common Stock	11/01/2010	S ⁽¹⁾	405	D	\$ 28.114 (<u>13)</u>	726,422 (3)	I	As trustee of Susan C. Terry Revocable Trust
Common Stock	11/01/2010	S ⁽¹⁾	206	D	\$ 28.114 (13)	307,719 (4)	D	
Common Stock	11/01/2010	S ⁽¹⁾	206	D	\$ 28.114 (13)	307,971 ⁽⁵⁾	D	
Common Stock	11/01/2010	S ⁽¹⁾	212	D	\$ 28.114 (13)	279,908 (6)	D	
Common Stock	11/01/2010	S ⁽¹⁾	214	D	\$ 28.114 (13)	283,684 (7)	D	
Common Stock	11/01/2010	S ⁽¹⁾	214	D	\$ 28.114 (13)	283,682 (8)	D	
Common Stock	11/01/2010	S ⁽¹⁾	158	D	\$ 28.114 (13)	306,952 ⁽⁹⁾	D	
Common Stock	11/01/2010	S ⁽¹⁾	136	D	\$ 28.114 <u>(13)</u>	304,730 <u>(10)</u>	D	
Common Stock	11/01/2010	S ⁽¹⁾	157	D	\$ 28.114 (13)	306,794 <u>(11)</u>	D	

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

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02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

	(<i>e.g.</i> , puts, calls, warrants, options, convertible securities)														
1. Title of	2.	3. Transaction	3A. Deemed	4.	5.	. Numl	ber	6. Date Exer	cisable	7. Tit	tle and	8. Price of	9. Number of	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Transaction	n of	f		and Expirati	on Date	Amo	unt of	Derivative	Derivative	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	Code	D	erivati	ive	(Month/Day	/Year)	Unde	rlying	Security	Securities	Form of	Beneficial
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Se	ecuriti	es			Secu	rities	(Instr. 5)	Beneficially	Derivative	Ownership
	Derivative				Α	cquire	d			(Instr	: 3 and		Owned	Security:	(Instr. 4)
	Security				(A	A) or				4)			Following	Direct (D)	
						ispose	d						· F · · · · ·	or Indirect	
					of	f (D)							Transaction(s)	(I)	
					~	nstr. 3	C						(Instr. 4)	(Instr. 4)	
					4,	, and 5)								
											Amount				
								Date	Evaluation		or				
								Exercisable	Expiration Date	Title	Number				
								Excicisable	Date		of				
				Code V	/ (/	A) (I	D)				Shares				

Reporting Owners

Dense d'an Orana Name (Addams	Relationships					
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
CONGDON JEFFREY W 7511 WHITEPINE ROAD		Х		Member of Section 13(d) group		

BIGIN OND VA 23235		
RICHMOND, VA 23237 TERRY SUSAN C 7511 WHITEPINE ROAD RICHMOND, VA 23237	Х	Member of Section 13(d) group
John R Congdon Trust for Jeffrey Whitefield Congdon, Jr 7511 WHITEPINE ROAD RICHMOND, VA 23237	Х	Member of Sectin 13(d) group
John R Congdon Trust for Mark Ross Congdon 7511 WHITEPINE ROAD RICHMOND, VA 23237	Х	Member of Sectin 13(d) group
John R. Congdon Trust for Peter Whitefield Congdon 7511 WHITEPINE ROAD RICHMOND, VA 23237	Х	Member of Section 13(d) group
John R. Congdon Trust for Michael Davis Congdon 7511 WHITEPINE ROAD RICHMOND, VA 23237	Х	Member of Section 13(d) group
John R Congdon Trust for Mary Evelyn Congdon 7511 WHITEPINE ROAD RICHMOND, VA 23237	Х	Member of Section 13(d) group
John R. Congdon Trust for Kathryn Lawson Terry 7511 WHITEPINE ROAD RICHMOND, VA 23237	Х	Member of Section 13(d) group
John R. Congdon Trust for Nathaniel Everett Terry 7511 WHITEPINE ROAD RICHMOND, VA 23237	Х	Member of Section 13(d) group
John R Congdon Trust for Hunter Andrew Terry 7511 WHITEPINE ROAD RICHMOND, VA 23237	Х	Member of Sectin 13(d) group

Signatures

11/02/2010
Date
11/02/2010

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) The sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on August 30, 2010.

(2) These securities are beneficially owned by Jeffrey W. Congdon, who may be deemed a member of a "group" for purposes of Section 13(d) of the Exchange Act. The other members of the Section 13(d) group are indentified in a Schedule 13D filed with the Securities and Exchange Commission on September 9, 2010.

These securities are beneficially owned by Susan C. Terry, who may be deemed a member of a "group" for purposes of Section 13(d) of the Exchange Act. The other members of the Section 13(d) group are indentified in a Schedule 13D filed with the Securities and Exchange Commission on September 9, 2010.

- These securities are beneficially owned by the John R. Congdon Trust for Jeffrey Whitefield Congdon, Jr., which may be deemed a member of a "group" for purposes of (4) Section 13(d) of the Exchange Act. The other members of the Section 13(d) group are indentified in a Schedule 13D filed with the Securities and Exchange Commission on September 9, 2010.
- These securities are beneficially owned by the John R. Congdon Trust for Mark Ross Congdon, which may be deemed a member of a "group" for purposes of Section (5) 13(d) of the Exchange Act. The other members of the Section 13(d) group are indentified in a Schedule 13D filed with the Securities and Exchange Commission on September 9, 2010.
- These securities are beneficially owned by the John R. Congdon Trust for Peter Whitefield Congdon, which may be deemed a member of a "group" for purposes of (6) Section 13(d) of the Exchange Act. The other members of the Section 13(d) group are indentified in a Schedule 13D filed with the Securities and Exchange Commission on September 9, 2010.
- These securities are beneficially owned by the John R. Congdon Trust for Michael Davis Congdon, which may be deemed a member of a "group" for purposes of Section (7) 13(d) of the Exchange Act. The other members of the Section 13(d) group are indentified in a Schedule 13D filed with the Securities and Exchange Commission on September 9, 2010.
- These securities are beneficially owned by the John R. Congdon Trust for Mary Evelyn Congdon, which may be deemed a member of a "group" for purposes of Section (8) 13(d) of the Exchange Act. The other members of the Section 13(d) group are indentified in a Schedule 13D filed with the Securities and Exchange Commission on September 9, 2010.
- These securities are beneficially owned by the John R. Congdon Trust for Kathryn Lawson Terry, which may be deemed a member of a "group" for purposes of Section
 (9) 13(d) of the Exchange Act. The other members of the Section 13(d) group are indentified in a Schedule 13D filed with the Securities and Exchange Commission on September 9, 2010.
- These securities are beneficially owned by the John R. Congdon Trust for Nathaniel Everett Terry, which may be deemed a member of a "group" for purposes of Section (10) 13(d) of the Exchange Act. The other members of the Section 13(d) group are indentified in a Schedule 13D filed with the Securities and Exchange Commission on September 9, 2010.
- These securities are beneficially owned by the John R. Congdon Trust for Hunter Andrew Terry, which may be deemed a member of a "group" for purposes of Section (11) 13(d) of the Exchange Act. The other members of the Section 13(d) group are indentified in a Schedule 13D filed with the Securities and Exchange Commission on September 9, 2010.
- The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$28.00 to \$28.08, inclusive. The (12) reporting person undertakes to provide to the issuer, any security holder of the issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the range set forth in this footnote.
- The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$28.00 to \$28.16, inclusive. The (13) reporting person undertakes to provide to the issuer, any security holder of the issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the range set forth in this footnote.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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