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Form 4	GH RICHARD									
September								OMB A	PPROVAL	
FORM	/1 4 UNITED	STATES		RITIES A			COMMISSION	N OMB Number:	3235-0287	
Check t if no lor subject Section Form 4 Form 5 obligation may con <i>See</i> Inst 1(b).	nger to 16. or Filed pur ons ntinue.	suant to S (a) of the l	F CHAN Section 1 Public U	NGES IN SECUE	Expires: Estimated a burden hou response	urs per				
(Print or Type	Responses)									
1. Name and Address of Reporting Person <u>*</u> CAVANAGH RICHARD			2. Issuer Name and Ticker or Trading Symbol BlackRock Energy & Resources Trust [BGR]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) (First) (Middle) 40 EAST 52ND STREET			3. Date of Earliest Transaction (Month/Day/Year) 09/16/2009			X_ Director 10% Owner Officer (give titleOther (specify below)Other (specify				
(Street) NEW YORK, NY 10022			4. If Amendment, Date Original Filed(Month/Day/Year)			 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 				
(City)	(State)	(Zip)			~ •	a	Person			
1.Title of Security (Instr. 3)	2. Transaction Date		Date, if TransactionAcquired (A) or Code Disposed of (D) ty/Year) (Instr. 8) (Instr. 3, 4 and 5) (A) or		ies (A) or of (D) 4 and 5) (A) or	5. Amount of Securities	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect		
Reminder: Re	port on a separate line	e for each cl	ass of sec	urities benet	Perso inform requir	ns who res nation cont red to respo	or indirectly. spond to the colle ained in this form ond unless the fo ntly valid OMB co	n are not rm	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	2.	3. Transaction Date	3A. Deemed	4.	5. Number	6. Date Exercisable and	7. Title and Amount of	8. I
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	onof	Expiration Date	Underlying Securities	Der
Security	or Exercise		any	Code	Derivative	(Month/Day/Year)	(Instr. 3 and 4)	Sec

number.

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8)		Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)					(J	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Performance Rights (1)	<u>(2)</u>	09/16/2009		J <u>(3)</u>			1.08	(4)	(4)	Common Stock	1.08	9

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
CAVANAGH RICHARD 40 EAST 52ND STREET NEW YORK, NY 10022	Х						
Signatures							
/s/ Aaron Wasserman as Attorney-in-Fact		09/18	/2009				
<u>**</u> Signature of Reporting Person		Da	te				

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 Performance Rights were accrued under the BlackRock Deferred Compensation Plan.
- (2) One Performance Right is convertible into the cash value of one share of BlackRock Energy and Resources Trust.
- (3) These Performance Rights were disposed of in connection with the liquidation of the issuers of these Performance Rights.
- (4) The Performance Rights are to be settled 100% in cash at the deferral period chosen by the reporting person.

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.