

BlackRock Energy & Resources Trust
Form N-Q
September 28, 2009

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

FORM N-Q

**QUARTERLY SCHEDULE OF PORTFOLIO HOLDINGS OF REGISTERED
MANAGEMENT INVESTMENT COMPANY**

Investment Company Act file number 811-21656

Name of Fund: BlackRock Energy and Resources Trust (BGR)

Fund Address: 100 Bellevue Parkway, Wilmington, DE 19809

Name and address of agent for service: Anne F. Ackerley, Chief Executive Officer, BlackRock Energy and Resources Trust, 40 East 52nd Street, New York, NY 10022.

Registrant's telephone number, including area code: (800) 882-0052, Option 4

Date of fiscal year end: 10/31/2009

Date of reporting period: 07/31/2009

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Item 1 Schedule of Investments

Schedule of Investments July 31, 2009 (Unaudited)

BlackRock Energy and Resources Trust (BGR)
(Percentages shown are based on Net Assets)

Common Stocks	Shares	Value
Chemicals 1.5%		
Potash Corp. of Saskatchewan, Inc.	108,400	\$ 10,082,284
Coal 11.9%		
Arch Coal, Inc.	632,600	11,013,566
Consol Energy, Inc.	734,221	26,086,872
James River Coal Co. (a)	36,900	685,233
Massey Energy Co.	825,000	21,945,000
Patriot Coal Corp. (a)	71,000	594,270
Peabody Energy Corp.	547,000	18,111,170
		78,436,111
Commercial Services 0.7%		
MYR Group, Inc. (a)(b)	269,231	4,851,543
Gas 1.6%		
Keyera Facilities Income Fund	613,800	10,848,691
Mining 4.2%		
Agnico-Eagle Mines Ltd.	64,500	3,776,475
BHP Billiton Ltd. - ADR	160,000	10,073,600
Goldcorp, Inc.	242,736	9,148,720
Silver Wheaton Corp. (a)	515,500	4,732,290
		27,731,085
Oil & Gas 48.1%		
Apache Corp. (c)	200,500	16,831,975
Arena Resources, Inc. (a)	92,100	3,005,223
BG Group Plc	468,673	7,825,887
Brigham Exploration Co. (a)	565,700	2,760,616
Cabot Oil & Gas Corp.	351,200	12,337,656
Cimarex Energy Co.	154,300	5,520,854
Crescent Point Energy Corp.	323,700	10,517,057
Delta Petroleum Corp. (a)	1,340,600	2,573,952
Devon Energy Corp.	66,300	3,851,367
Diamond Offshore Drilling, Inc.	72,200	6,488,614
EQT Corp.	417,900	16,039,002
EXCO Resources, Inc. (a)	1,242,700	17,074,698
Exxon Mobil Corp.	63,000	4,434,570
Galleon Energy, Inc. (a)	1,040,800	4,164,166
GMX Resources, Inc. (a)	218,700	2,543,481
Goodrich Petroleum Corp. (a)	166,100	4,260,465
Hess Corp.	89,200	4,923,840
Noble Corp.	304,000	10,293,440
Occidental Petroleum Corp.	264,600	18,876,564
Penn Virginia Corp.	1,027,875	19,745,479
PetroHawk Energy Corp. (a)(c)	840,300	20,402,484
Petroleo Brasileiro SA - ADR	639,500	21,551,150
Plains Exploration & Production Co. (a)	278,400	7,976,160
Range Resources Corp.	321,900	14,939,379
Southwestern Energy Co. (a)	456,700	18,921,081

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StatoilHydro ASA	250,258	5,350,728
Talisman Energy, Inc.	87,400	1,345,086
Transocean Ltd. (a)	342,100	27,261,949
Whiting Petroleum Corp. (a)	570,600	26,224,776

318,041,699

Oil & Gas Services 13.4%

Cameron International Corp. (a)	338,700	10,577,601
Core Laboratories NV	51,431	4,421,009
Halliburton Co.	339,600	7,501,764
National Oilwell Varco, Inc. (a)	496,016	17,826,815
Petrofac Ltd.	491,600	6,156,423
Saipem SpA	243,600	6,601,722
Schlumberger Ltd.	264,800	14,166,800
Weatherford International Ltd. (a)	1,122,700	21,061,852

88,313,986

Pipelines 15.2%

AltaGas Income Trust	451,400	6,846,949
Buckeye Partners LP	51,600	2,366,892
Enbridge Energy Partners LP	73,200	3,413,316
Energy Transfer Partners LP	316,800	14,613,984
Enterprise Products Partners LP	653,105	18,352,250
MarkWest Energy Partners LP	666,400	14,980,672
ONEOK Partners LP	145,800	7,431,426
Pembina Pipeline Income Fund	265,500	3,721,560

Common Stocks

Shares

Value

Pipelines (concluded)

Plains All American Pipeline LP	220,400	\$	10,658,544
Questar Corp.	218,500		7,225,795
Targa Resources Partners LP	300,000		5,694,000
Williams Partners LP	245,200		5,453,248

100,758,636

Transportation 1.0%

Ship Finance International Ltd.	515,600	6,357,348
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Total Long-Term Investments

(Cost \$679,407,712) 97.6% 645,421,383

Short-Term Securities

BlackRock Liquidity Funds, TempFund, 0.29% (d)(e)	14,947,167	14,947,167
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Total Short-Term Securities

(Cost \$14,947,167) 2.3% 14,947,167

Total Investments Before Outstanding Options Written

(Cost \$694,354,879*) 99.9% 660,368,550

Options Written

Contracts

Exchange-Traded Call Options Written (0.9)%

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Agnico-Eagle Mines Ltd., Strike Price \$55, Expires 8/24/09	(210)	(98,700)
Agnico-Eagle Mines Ltd., Strike Price \$65, Expires 11/23/09	(100)	(35,000)
Apache Corp., Strike Price \$80, Expires 8/24/09	(300)	(156,000)
Arch Coal, Inc., Strike Price \$17, Expires 8/24/09	(100)	(10,500)
Arch Coal, Inc., Strike Price \$18, Expires 9/21/09	(200)	(20,000)
BHP Billiton Ltd. - ADR, Strike Price \$65, Expires 11/23/09	(425)	(204,000)
BHP Billiton Ltd. - ADR, Strike Price \$70, Expires 11/23/09	(100)	(30,250)
Cabot Oil & Gas Corp., Strike Price \$35, Expires 8/24/09	(750)	(121,875)
Cameron International Corp., Strike Price \$30, Expires 8/24/09	(500)	(107,500)
Consol Energy, Inc., Strike Price \$38, Expires 8/24/09	(925)	(64,750)
Core Laboratories NV, Strike Price \$89.25, Expires 8/24/09	(170)	(17,850)
Diamond Offshore Drilling, Inc., Strike Price \$88.13, Expires 8/24/09	(240)	(98,400)
EQT Corp., Strike Price \$40, Expires 9/21/09	(200)	(21,500)
EXCO Resources, Inc., Strike Price \$15, Expires 8/24/09	(1,000)	(40,000)
EXCO Resources, Inc., Strike Price \$15, Expires 9/21/09	(200)	(16,000)
EXCO Resources, Inc., Strike Price \$17.50, Expires 12/21/09	(210)	(21,525)
Goldcorp, Inc., Strike Price \$36, Expires 8/24/09	(400)	(100,000)
Goodrich Petroleum Corp., Strike Price \$30, Expires 9/21/09	(300)	(19,500)
Halliburton Co., Strike Price \$22, Expires 8/24/09	(775)	(67,813)
Halliburton Co., Strike Price \$23, Expires 8/24/09	(415)	(18,467)
Hess Corp., Strike Price \$65, Expires 8/24/09	(123)	(922)
Massey Energy Co., Strike Price \$22, Expires 8/24/09	(650)	(318,500)
Massey Energy Co., Strike Price \$25, Expires 8/24/09	(300)	(76,500)
National Oilwell Varco, Inc., Strike Price \$38, Expires 8/24/09	(250)	(16,250)

Schedule of Investments (continued)

BlackRock Energy and Resources Trust (BGR)
(Percentages shown are based on Net Assets)

Options Written	Contracts	Value
Exchange-Traded Call Options Written (continued)		
National Oilwell Varco, Inc., Strike Price \$40, Expires 11/23/09	(500)	\$ (107,500)
National Oilwell Varco, Inc., Strike Price \$41, Expires 11/23/09	(500)	(92,500)
National Oilwell Varco, Inc., Strike Price \$42, Expires 11/23/09	(500)	(80,000)
Noble Corp., Strike Price \$35, Expires 8/24/09	(1,000)	(70,000)
Occidental Petroleum Corp., Strike Price \$65, Expires 8/24/09	(800)	(544,000)
Occidental Petroleum Corp., Strike Price \$70, Expires 8/24/09	(200)	(61,000)
Peabody Energy Corp., Strike Price \$33, Expires 8/24/09	(1,800)	(270,000)
Penn Virginia Corp., Strike Price \$20, Expires 12/21/09	(1,000)	(252,500)
Penn Virginia Corp., Strike Price \$22.50, Expires 12/21/09	(250)	(39,375)
PetroHawk Energy Corp., Strike Price \$27, Expires 12/21/09	(400)	(78,000)
Petroleo Brasileiro SA - ADR, Strike Price \$35, Expires 9/21/09	(200)	(28,500)
Plains All American Pipeline LP, Strike Price \$45, Expires 11/23/09	(220)	(97,900)
Plains All American Pipeline LP, Strike Price \$50, Expires 11/23/09	(500)	(82,500)
Plains Exploration & Production Co., Strike Price \$30, Expires 11/23/09	(400)	(115,000)
Plains Exploration & Production Co., Strike Price \$30, Expires 8/24/09	(300)	(30,000)
Plains Exploration & Production Co., Strike Price \$35, Expires 11/23/09	(100)	(12,750)
Plains Exploration & Production Co., Strike Price \$35, Expires 8/24/09	(125)	(1,250)
Potash Corp. of Saskatchewan, Inc., Strike Price \$100, Expires 8/24/09	(80)	(12,800)
Questar Corp., Strike Price \$35, Expires 8/24/09	(575)	(23,000)
Range Resources Corp., Strike Price \$45, Expires 8/24/09	(1,000)	(240,000)
Schlumberger Ltd., Strike Price \$60, Expires 8/24/09	(325)	(9,750)
Schlumberger Ltd., Strike Price \$65, Expires 11/23/09	(580)	(73,950)
Silver Wheaton Corp., Strike Price \$10, Expires 9/21/09	(1,500)	(63,750)
Southwestern Energy Co., Strike Price \$44, Expires 9/21/09	(675)	(94,500)
Southwestern Energy Co., Strike Price \$46, Expires 9/21/09	(675)	(57,375)
Talisman Energy, Inc., Strike Price \$15, Expires 8/24/09	(150)	(12,750)
Talisman Energy, Inc., Strike Price \$17.50, Expires 10/19/09	(100)	(4,500)
	(500)	(137,500)

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Transocean Ltd., Strike Price \$80, Expires 8/24/09		
Transocean, Ltd., Strike Price \$80, Expires 11/23/09	(650)	(442,000)
Transocean, Ltd., Strike Price \$85, Expires 11/23/09	(100)	(46,000)
Weatherford International Ltd., Strike Price \$19, Expires 8/24/09	(500)	(38,750)
Weatherford International Ltd., Strike Price \$20, Expires 8/24/09	(830)	(33,200)
Weatherford International Ltd., Strike Price \$21, Expires 9/21/09	(500)	(28,750)
Weatherford International Ltd., Strike Price \$22, Expires 11/23/09	(300)	(29,250)
Weatherford International Ltd., Strike Price \$23, Expires 11/23/09	(200)	(15,000)

Options Written

Contracts

Value

Exchange-Traded Call Options Written (concluded)

Weatherford International Ltd., Strike Price \$24, Expires 11/23/09	(200)	\$	(11,000)
Whiting Petroleum Corp., Strike Price \$40, Expires 8/24/09	(1,000)		(630,000)
Whiting Petroleum Corp., Strike Price \$45, Expires 12/21/09	(250)		