FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

	OMB APPROVAL									
	OMB Number:	3235-0287								
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l	hours per response:	0.5								

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

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* METZ LAWRENCE F. (Last) (First) (Middle) IDEATION HOUSE, 2ND FLOOR 94 PITTS BAY ROAD (Street) PEMBROKE D0 HM 08							2. Issuer Name and Ticker or Trading Symbol Maiden Holdings, Ltd. [MHLD] 3. Date of Earliest Transaction (Month/Day/Year) 03/20/2019 4. If Amendment, Date of Original Filed (Month/Day/Year) 03/22/2019								5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner X Officer (give title Other (specify below) below) PRESIDENT & CEO 6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person			
PEMBROKE D0 HM 08 (City) (State) (Zip)															Form filed by More than One Reporting Person			
		Tabl	e I - Noi	n-Deriv	ative	Sec	curitie	s Acc	quired,	Dis	posed o	f, or	Bene	ficia	lly Own	ed		
1. Title of Security (Instr. 3) 2. Transac Date (Month/Date)						Execution Date,			Transaction Disposed Code (Instr. 5)			ties Acquired (A) d Of (D) (Instr. 3, 4			d Secur Benef	icially d Following	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	Trans	action(s) 3 and 4)		(111501.4)			
Restricted Common Shares 03/20/2									A		316,904	4(1)	Α	\$() 4	52,039	D	
Restricted Common Shares 03/20/2						/2019					328,25	328,257 A		\$(32	8,257(2)	D	
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)																		
1. Title of Derivative Security (Instr. 3)	erivative Conversion Date Execution I ecurity or Exercise (Month/Day/Year) if any			Date,	ate, Transaction Code (Instr.		n of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)			7. Title and Amount of Securities Underlying Derivative Security (Instr. and 4)		unt	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s (Instr. 4)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
					Code	v	(A)	(D)	Date Exercisa		Expiration Date	Title	of Shar	es				

Explanation of Responses:

- 1. These restricted shares were granted pursuant to the Amended and Restated 2007 Share Incentive Plan (the "Plan") and will vest 50% on the one year anniversary of the grant and 50% on the two year anniversary of the grant.
- 2. These restricted shares were granted pursuant to the Amended and Restated 2007 Share Incentive Plan (the "Plan") and will vest 50% on the one year anniversary of the grant and 50% on the two year anniversary of the grant. However, these shares have been granted contingent on Maiden Holdings, Ltd. obtaining shareholder approval to increase the size of the Plan's share authorization so that there will be sufficient number of shares to fund this grant. Absent such shareholder approval, this grant will be cancelled.

Remarks:

/s/ Lawrence F. Metz

08/02/2019

** Signature of Reporting Person

Date

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

- * 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).

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

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 Number.