Mahowald Douglass A Form 4 December 01, 2010

FORM 4

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

OMB APPROVAL

OMB
3235-0287

Check this box if no longer subject to Section 16.

HANGES IN RENEFICIAL OWNERSHIP OF

Number: 3235-0287 Expires: January 31, 2005

subject to Section 16. Form 4 or Form 5 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Estimated average burden hours per response... 0.5

Form 5 obligations may continue.

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

See Instruction 30(h) of the Investment Company Act of 1940 1(b).

1(0)

(Print or Type Responses)

1. Name and Address of Reporting Person * Mahowald Douglass A			2. Issuer Name and Ticker or Trading Symbol MDU RESOURCES GROUP INC [MDU]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) P. O. BOX 56	(Last) (First) (Middle) P. O. BOX 5650		3. Date of Earliest Transaction (Month/Day/Year) 11/30/2010	Director 10% Owner _X Officer (give title Other (specify below) Treasurer & Asst. Secretary			
(Street)			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			
BISMARCK,	ND 58506-5	650		Form filed by More than One Reporting Person			

(City)	(State)	(Zip) Tabl	le I - Non-I	Derivative	Secu	rities Acq	quired, Disposed (of, or Beneficia	ally 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 or(A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)		
Common Stock	11/30/2010		M	450	A	\$ 13.22	3,604.631	D	
Common Stock	11/30/2010		S	450	D	\$ 20.43	3,154.631	D	
Common Stock							11.624	I	Custodian
Common Stock - (401-k) (1)							25,067.799	I	By Trustee
Common Stock -							2,626.489	I	By Trustee for spouse

 $(401-k)\frac{(1)}{2}$

Preferred Stock

259.2 D

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)

8. P Der Sec (Ins

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)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transacti Code (Instr. 8)	Derivative		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options (Right to	\$ 13.22	11/30/2010		M		450	02/12/2004	02/14/2011	Common Stock	450

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Mahowald Douglass A P. O. BOX 5650 BISMARCK, ND 58506-5650

Treasurer & Asst. Secretary

Signatures

Buy)

/s/ Douglass A.
Mahowald

11/30/2010

**Signature of Reporting Date
Person

Reporting Owners 2

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) As of the most recent quarter end, the number of shares may fluctuate daily depending on plan activity in the fund.

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.