GOETHE ROBERT A

Form 4

January 20, 2006

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB

OMB APPROVAL

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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue.

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

1(b).

Stock

(Print or Type Responses)

			2. Issuer Name and Ticker or Trading Symbol				5. Relationship of Reporting Person(s) to Issuer			
REG				EGIONS FINANCIAL CORP [RF]				(Check all applicable)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year)			Director	10	0% Owner		
7130 GOODLETT FARMS PKWY., A4E			01/18/2006							
	(Street)		4. If Ame	endment, D	ate Original	l		6. Individual or	Joint/Group Fil	ling(Check
			Filed(Mor	nth/Day/Yea	r)			Applicable Line)	y One Reporting	Person
CORDOVA	A, TN 38016								y More than One l	
(City)	(State)	(Zip)	Tabl	le I - Non-l	Derivative S	Securi	ities Ac	quired, Disposed	of, or Benefici	ally Owned
1.Title of Security (Instr. 3)	2. Transaction Dat (Month/Day/Year)) Execution	med on Date, if Day/Year)	3. Transacti Code (Instr. 8)	4. Securit on(A) or Di (D) (Instr. 3, 4	sposed	l of	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock	01/18/2006			A	24,009	A	\$0	88,375.798	D	
Common								172	I	By Child(ren)

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

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Child(ren)

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$\label{thm:convergence} \begin{tabular}{ll} Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned \\ (\emph{e.g.}, puts, calls, warrants, options, convertible securities) \\ \end{tabular}$

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. Transactic Code (Instr. 8)	5. onNumber 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 Underlying Securities (Instr. 3 and 4)		8. Pr Deriv Secu (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock Units (401k)	\$ 0 (1)					<u>(1)</u>	<u>(1)</u>	Common Stock	5,071	
Stock Option	\$ 31.39					10/09/1998	10/09/2007	Common Stock	4,875	
Stock Option	\$ 33.48					04/09/1999	04/09/2008	Common Stock	13,889	
Stock Option	\$ 28.88					08/30/2000	08/30/2009	Common Stock	13,889	
Stock Option	\$ 25.66					02/19/2004	02/19/2010	Common Stock	24,692	
Stock Option	\$ 25.66					02/19/2005	02/19/2010	Common Stock	12,346	
Stock Option	\$ 25.66					12/20/2005	02/19/2010	Common Stock	8,448	
Stock Option	\$ 25.66					02/19/2006	02/19/2010	Common Stock	3,898	
Stock Option	\$ 16.28					03/15/2001	03/15/2010	Common Stock	18,519	
Stock Option	\$ 22.6					01/16/2002	01/16/2011	Common Stock	15,433	
Stock Option	\$ 22.6					01/16/2003	01/16/2011	Common Stock	7,716	
Stock Option	\$ 22.6					01/16/2004	01/16/2011	Common Stock	7,716	
Stock Option	\$ 28.17					04/21/2005	04/21/2011	Common Stock	20,577	

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Stock Option	\$ 28.17	12/20/2005	04/21/2011	Common Stock	37,604
Stock Option	\$ 28.17	04/21/2007	04/21/2011	Common Stock	3,549
Stock Option	\$ 33.82	12/20/2005	10/15/2011	Common Stock	90,000
Stock Option	\$ 25.02	01/22/2003	01/22/2012	Common Stock	15,433
Stock Option	\$ 25.02	01/22/2004	01/22/2012	Common Stock	7,716
Stock Option	\$ 25.02	01/22/2005	01/22/2012	Common Stock	7,716
Stock Option	\$ 34.66	(2)	12/20/2012	Common Stock	39,504

Reporting Owners

Reporting Owner Name / Address	Relationships					
• 6	Director	10% Owner	Officer	Other		
GOETHE ROBERT A 7130 GOODLETT FARMS PKWY., A4E			Chmn & CEORegions			
CORDOVA, TN 38016			Mortgage			

Signatures

By: Ronald C. Jackson	01/18/200		
**Signature of Reporting Person	Date		

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 reported phantom stock units were acquired under Regions' benefit plans.
- (2) The option becomes exercisable in three equal installments on December 20, 2006, 2007 and 2008.

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.

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