

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

FORM 144
NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

ATTENTION: Transmittal for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale or executing a sale directly with a market maker.

OMB APPROVAL
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hours per response: 1.00

SEC USE ONLY

DOCUMENT SEQUENCE NO.

CRISP NUMBER

1. (a) NAME OF ISSUER (Please type or print)		(b) FIA IDENT. NO.		(c) SEC. FILE NO.		WORK LOCATION	
ARMOUR RESIDENTIAL		26-1908763		001-347687		CODE	
2. (a) ADDRESS OF ISSUER		CITY		STATE		(b) TELEPHONE NO.	
3001 OCEAN DRIVE, SUITE 201		VERO BEACH		FL		32983	
3. (a) NAME OF PERSON FOR WHOM ACCOUNT THE SECURITIES ARE TO BE SOLD		RELATIONSHIP TO ISSUER		(b) ADDRESS STREET		CITY	
LITCHFIELD CAPITAL		Director		3001 OCEAN DRIVE, SUITE		VERO BEACH FL 32983	

INSTRUCTION: The person filing this notice should contact the issuer to obtain the F.R.S. Identification Number and the S.E.C. File Number.

(a) Title of the Class of Securities to be Sold	(b) Name and Address of Each Broker Through Which the Securities are to be Offered or Each Market Maker with Which Acquiring the Securities	SEC USE ONLY	(c) Number of Shares or Other Units to be Sold (See Item 2(d))	(d) Aggregate Market Value (See Item 2(d))	(e) Number of Shares or Other Units Outstanding (See Item 2(d))	(f) Approximate Date of Sale (See Item 2(d))	(g) Name of Each Securities Exchange
common	FIDELITY BROKERAGE SERVICES LLC 245 SUMMER STREET BOSTON MA 02110		4,525	48,100	647,30155	12/28/2020	NYSE

INSTRUCTIONS:

- (a) Name of issuer.
(b) Issuer's F.R.S. Identification Number.
(c) Issuer's S.E.C. File Number, if any.
(d) Issuer's address, including zip code.
(e) Issuer's telephone number, including area code.
- (a) Name of person for whom securities are to be sold.
(b) Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing).
(c) Such person's address, including zip code.
- (a) Title of the class of securities to be sold.
(b) Name and address of each broker through which the securities are intended to be sold.
(c) Number of shares or other units to be sold (to date securities, give the approximate date intended).
(d) Aggregate market value of the securities to be sold as of a specified date within 10 days prior to the filing of this notice.
(e) Number of shares or other units of the class outstanding, or if not available the last reported closing price, as shown by the most recent report or statement published by the issuer.
(f) Approximate date in which the securities are to be sold.
(g) Name of each securities exchange, if any, on which the securities are intended to be sold.

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 control number.

SEC 1547 (08-07)
1.740002.113

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TABLE I - SECURITIES TO BE SOLD

Provide the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Type of Security	Date Acquired	Manner of Acquisition (Indicate)	Name of Person from Whom Acquired (If not, state how they were acquired)	Amount of Securities Acquired	Date of Payment	Source of Payment
COMMON	03/16/2013 03/18/2020	open market purchases	issuer	1,025	03/16/2013 03/18/2020	Cash

INSTRUCTIONS: If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in this table or in a note beneath the source of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments, describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

TABLE II - SECURITIES SOLD DURING THE PAST 3 MONTHS

Provide the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

Street and Address of Seller	Type of Securities Sold	Date of Sale	Amount of Securities Sold	Source of Proceeds
LITCHFIELD CAPITAL HOLDINGS 3001 OCEAN DRIVE, SUITE 201 VERO BEACH FL 32903	N/A ARMOUR RESIDENTIAL		0	

REMARKS:

INSTRUCTIONS:

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in the definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (c) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

ATTENTION: The person for whose account the securities to which this notice refers are to be sold shall be responsible by signing this notice that he or she has not been the subject of any action in regard to the current and prospective operations of the issuer of the securities to be sold which has any known or likely effect on the securities to be sold. If such person has not signed, or if the notice is signed by a person who is not the person to which the notice refers, the notice shall be null and void. By signing this notice and indicating the date that the person was subject of the notice, the person shall be responsible for the accuracy of the information given, and further shall be responsible for the accuracy of the information given.

12/28/2020

DATE OF NOTICE

DATE OF PLAN ADOPTION OR GIVING OF INSTRUCTIONS
IF SEC. 144(c)(1) IS USED

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed. Any copies not manually signed shall bear typed or printed signatures.

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)

SEC. 1447 (22-09)

