

PENGROWTH ENERGY TRUST

Form 6-K

July 23, 2007

SECURITIES AND EXCHANGE COMMISSION

WASHINGTON, D.C. 20549

FORM 6-K

Report of Foreign Private Issuer

Pursuant to Rule 13a-16 or 15d-16 of the

Securities Exchange Act of 1934

For the period June 21, 2007 to July 20, 2007

PENGROWTH ENERGY TRUST

2900, 240 4 Avenue S.W.

Calgary, Alberta T2P 4H4 Canada

(address of principal executive offices)

[Indicate by check mark whether the registrant files or will file annual reports under cover Form 20-F or Form 40-F.]

Form 20-F

Form 40-F

[Indicate by check mark whether the registrant by furnishing the information contained in this Form is also thereby furnishing the information to the Commission pursuant to Rule 12g3-2(b) under the Security Exchange Act of 1934.]

Yes

No

[If Yes is marked, indicate below the file number assigned to the registrant in connection with Rule 12g3-2(b): _____]

DOCUMENTS FURNISHED HEREUNDER:

1. Press Release announcing the cash distribution for August 15, 2007.
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SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

PENGROWTH ENERGY TRUST
by its administrator PENGROWTH
CORPORATION

July 20, 2007

By: /s/ Gordon M. Anderson
Name: Gordon M. Anderson
Title: Vice President

NEWS RELEASE

Attention: Financial Editors

**Stock (PGF.UN)
Symbol: TSX;
(PGH) NYSE**

**PENGROWTH ENERGY TRUST ANNOUNCES CASH DISTRIBUTION
FOR AUGUST 15, 2007**

(Calgary, July 20, 2007) /CCN Matthews/ Pengrowth Corporation, administrator of Pengrowth Energy Trust, today announced its August 15, 2007 cash distribution will be Cdn \$0.25 per trust unit. The distribution is net of amounts withheld to partially finance capital expenditures. The ex-distribution date is July 27, 2007. The distribution will be payable to all Pengrowth unitholders who hold trust units on the record date of July 31, 2007.

The distribution of Cdn \$0.25 per trust unit is equivalent to approximately U.S. \$0.24 per trust unit using a U.S./Canadian dollar exchange ratio of 1.0438. The actual U.S. dollar equivalent distribution will be based upon the actual U.S./Canadian exchange rate applied on the payment date, net of applicable Canadian withholding taxes. This distribution relates to the production month of June 2007. Cash distributions paid over the past 12 months now total Cdn \$3.00 per trust unit or approximately U.S. \$2.68 per trust unit.

PENGROWTH CORPORATION

James S. Kinnear

Chairman, President and Chief Executive Officer

For further information about Pengrowth, please visit our website www.pengrowth.com or contact:

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