

PENGROWTH ENERGY TRUST  
Form 6-K  
November 20, 2009

**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  
November 20, 2009**

**Commission File Number: 1-31253  
PENGROWTH ENERGY TRUST  
2100, 222 <sup>nd</sup> Avenue S.W.  
Calgary, Alberta T2P 0B4 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 FILED AS PART OF THIS FORM 6-K**

See the Exhibit Index to this Form 6-K.

**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

November 20, 2009

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

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**FORM 6-K EXHIBIT INDEX**

Exhibit No.

99.1 Press Release announcing the cash distribution for December 15, 2009.