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

FORM 144

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

OMB Number: 3235-
0101
Expires: May 31, 2017
Estimated average
burden
hours per
response 1.00
SEC USE ONLY
DOCUMENT

OMB APPROVAI

SEQUENCE NO.

ATTENTION: Transmit for filing 3 copies of this form concurrently with	either placing an order with a broker to execute sa	le or executino a sale directly	wwith a market maker		CUSIP	NUMBER
(a) NAME OF ISSUER (Please type or print) Iwo Harbors Investment Corp.	(b) IRS IDENT. NO. 27-0312904	., .	(c) S.E.C. FILE NO. 001-34506		WORK	LOCATION
(d) ADDRESS OF ISSUER STREET		CITY	STA	TE ZIP CODE	(e) TEL	EPHONE NO.
590 Madison Avenue, 36th Floor		New York	NY	10022	AREA CODE 612	NUMBER 629-2500
2 (a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD Brad Farrell	(b) RELATIONSHIP TO ISSUER Officer	(c) ADDRESS STREET 590 Madison Avenue, 36th Floor		CI Ne You	w NY	ATE ZIP CODE 10022

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

THE PERSON JULIE WILLS HAVE CONTROL OF THE PERSON JULIE WILLIAM CONTROL THE TRANSPORT AND THE PERSON JULIE WILLIAM CONTROL THE PERSO							
3(a)	(b)	SEC USE ONLY	(c)	(d)	(e)	\mathcal{O}	(g)
Title of the		Broker-Dealer	Number of Shares	Aggregate	Number of Shares	Approximate	Name of Each
Class of	Name and Address of Each Broker Through	File Number	or Other Units	Market	or Other Units	Date of Sale	Securities
Securities	Whom the Securities are to be Offered or Each		To Be Sold	Value	Outstanding	(See instr. 3(f))	Exchange
To Be Sold	Market Maker who is Acquiring the Securities		(See instr. 3(c))	(See instr. 3(d))	(See instr. 3(e))	(MO. DAY YR.)	(See instr. 3(g))
Common Stock	TD Ameritrade, Inc.		13,825	\$108,388 as of 2/3/2016	364,055,176 at 11/4/2015	2/8/2016	NYSE
	200 South 108th Avenue			based on \$7.84 closing			
	Omaha, NE 68154			price on NYSE			

INSTRUCTIONS:

- 1. (a) (b) Name of issuer
- Issuer's I.R.S. Identification Number
- Issuer's S.E.C. file number, if any Issuer's address, including zip code
- (e) Issuer's telephone number, including area code
- Name of person for whose account the securities are to be sold
- Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing) Such person's address, including zip code (c)
- Title of the class of securities to be sold 3. (a)
- (b)
- Name and address of each broker through whom the securities are intended to be sold
 Number of shares or other units to be sold (if debt securities, give the aggregate face amount)
 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 debt securities the face amount thereof outstanding, as shown by the most recent report or
- Approximate date on which the securities are to be sold

 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 1147 (08-07)

TABLE I — SECURITIES TO BE SOLD

Furnish 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:

			Name of Person from Whom Acquired			
Title of the Class	Date you Acquired	Nature of Acquisition Transaction	(If gift, also give date donor acquired)	Amount of Securities Acquired	Date of Payment	Nature of Payment
Common Stock	2/5/2014	Restricted Stock Award, granted pursuant to Issuer's Second Restated 2009 Equity Incentive Plan	Two Harbors Investment Corp.	13,825	n/a	n/a
		Second Restated 2007 Equity Intentive Fian				

INSTRUCTIONS:

If the securities were purchased and full payment therefor was not made in cash at the time of purchase relief was not made in cash at the funding and that payment detector was not made in cash at the funding of purchase explain in the table or in a note thereto the nature 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

TABLE II — SECURITIES SOLD DURING THE PAST 3 MONTHS

Furnish 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.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds

REMARKS: The reporting person anticipates selling the shares for the purpose of satisfying income tax liabilities incurred upon vesting of the restricted stock award.

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 that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

2/4/2016	
DATE OF NOTICE	
5/18/2015	

DATE OF PLAN ADOPTION OR GIVING OF INSTRUCTION IF RELYING ON RULE 10B5-1

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

> /s/ Brad Farrell (SIGNATURE)

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)