FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

wasiiiigtoii,	D.C.	20549	

OMB APPROVAL OMB Number: Estimated average burden hours per response: 0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

								. ,				. ,							
	d Address of	Reporting Pe	erson*							er or Tra		Symbol			(Che	eck all app	olicable)	g Person(s) to Is	
(Last)				Middle)		3 0	ate of	Farlies	t Trans	action (N	/onth/	Day/Year)				X Direct Office below	er (give title	10% C Other below	(specify
C/O TRE	(First) (Middle) FREX COMPANY, INC. EXETER DRIVE					3. Date of Earliest Transaction (Month/Day/Year) 05/04/2011										President and CEO			
(C++)						- 4. If	Ameı	ndment,	Date o	f Origina	l Filed	d (Month/Da	ay/Year	.)	6. Ir		or Joint/Group	Filing (Check A	pplicable
(Street) WINCHESTER VA 22603-8605												X Forn	,	Reporting Pers					
(City)	(Si	tate)	(2	Zip)		-							Forn Pers		e than One Rep	orting			
			Tabl	e I - No	n-Deriv	/ative	Sec	uritie	s Acc	uired,	Dis	posed o	f, or	Bene	ficiall	y Own	ed		
1. Title of S	Security (Ins	tr. 3)			2. Trans Date (Month/I		r) Ex	A. Deeme ecution any lonth/Da	Date,	3. Transa Code (8)		4. Securiti Disposed				Secur Benef Owne	icially d Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership
										Code	v	Amount	(A)	or F	rice		action(s) 3 and 4)		(Instr. 4)
Common	Stock				05/04	1/2011				S ⁽¹⁾		100		D S	29.06	4 1	18,841	D	
Common	Stock				05/04	1/2011				S ⁽¹⁾		200		D	\$ <mark>29.1</mark> 3	3 1	18,641	D	
Common	Stock				05/04	1/2011				S ⁽¹⁾		100		D S	29.15	2 1	18,541	D	
Common	Stock				05/04	1/2011				S ⁽¹⁾		100		D S	29.15	8 1	18,441	D	
Common	Stock				05/04	1/2011				S ⁽¹⁾		262		D	\$29.10	5 1	18,179	D	
Common	Stock				05/04	1/2011				S ⁽¹⁾		400		D	\$29.17	7 1	17,779	D	
Common	Stock				05/04	1/2011				S ⁽¹⁾		38		D	\$29.18	3 1	17,741	D	
Common	Stock				05/04	1/2011				S ⁽¹⁾		100		D S	29.19	1 1	17,641	D	
Common	Stock				05/04	1/2011				S ⁽¹⁾		100		D	\$29.2	1	17,541	D	
Common	Stock				05/04	1/2011				S ⁽¹⁾		200		D	\$29.14	4 1	17,341	D	
Common	Stock				05/04	1/2011				S ⁽¹⁾		100		D S	29.14	2 1	17,241	D	
Common	Stock				05/04	1/2011				S ⁽¹⁾		300		D S	29.14	4 1	16,941	D	
Common	Stock				05/04	1/2011				S ⁽¹⁾		200		D S	529.14	5 1	16,741	D	
Common	Stock				05/04	1/2011				S ⁽¹⁾		200		D S	529.14	6 1	16,541	D	
Common	Stock				05/04	1/2011				S ⁽¹⁾		300		D	\$29.1	5 1	16,241	D	
			Та									sed of, onvertib				Owned			
Derivative Conversion Date Exec Security or Exercise (Month/Day/Year) if an		3A. Deem Execution	emed 4. ion Date, Tr		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		mber ative rities ired osed	6. Date Exerci Expiration Dat (Month/Day/Ye		able and 7. Title Amou Secur Under Deriva		Title and mount of ecurities nderlying erivative ecurity (Instr. 3		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)		
Synlanation	of Besser	200:				Code	v	(A)	(D)	Date Exercisa		Expiration Date	Title	Amo or Num of Shar	ber				
.xpidNdti0i	of Respons	565.																	

1. The sales reported in this Form 4 were effected pursuant to Rule 10b5-1 trading plan adopted by the reporting person on November 3, 2010.

/s/ William R. Gupp by power of attorney

05/05/2011

** Signature of Reporting Person

Date

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

- * 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.