

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

1. Name and Address of Reporting Person <u>Pence Britt</u> <hr/> (Last) (First) (Middle) 5847 SAN FELIPE, SUITE 3000 <hr/> (Street) HOUSTON TX US 77057 <hr/> (City) (State) (Zip)			2. Issuer Name and Ticker or Trading Symbol <u>Vanguard Natural Resources, LLC [VNR]</u> <hr/> 3. Date of Earliest Transaction (Month/Day/Year) 01/01/2014 <hr/> 4. If Amendment, Date of Original Filed (Month/Day/Year) 01/10/2014			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner Officer Other (specify below) <input checked="" type="checkbox"/> (give title below) (specify below) Executive VP, Operations <hr/> 6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person		
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Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Units representing LLC units	01/01/2014		A	(I)	35,866 (I)	A (I)	\$0	100,776	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu deriv Secu Bene Own Follo Repo Tran (Instr
				Code	V	(A)	(D)	Date Exercisable	Expiration Date			

Explanation of Responses:

1. The restricted units were granted pursuant to the execution of the Amended and Restated Employment Agreement on July 8, 2013 and are subject to a Restricted Unit Award Agreement. Each restricted unit is subject to vesting in three equal annual installments, with the first vesting date being January 1, 2015, and each subsequent vesting date occurring on each annual anniversary of the first vesting date. The restricted units are accompanied by distribution equivalent rights, which entitle the executive to receive the value of any distribution made by the Company on its units generally with respect to the number of restricted shares that executive received pursuant to this grant.

/s/ Britt Pence 04/17/2014

** Signature of Date
Reporting Person

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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.