FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

onses)																	
1. Name and Address of Reporting Person * SCHEIRMAN W RUSSELL II				2. Issuer Name and Ticker or Trading Symbol VAALCO ENERGY INC /DE/ [EGY]								5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
(Last) (First) (Middle) 4600 POST OAK PLACE, SUITE 309				3. Date of Earliest Transaction (Month/Day/Year)								_X_ Director					
(Street)				4. If Amendment, Date Original Filed(Month/Day/Year)								6. Individual or Joint/Group FilingCheck Applicable Line) X. Form filed by One Reporting Person Form filed by More than One Reporting Person					
IOUSTON, TX 77027 (City) (State) (Zip)						Table I - Non-Derivative Securities Acqu					Acquired	uired, Disposed of, or Beneficially Owned					
1.Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Yea	ar) any		n Date,	3. Transaction Code (Instr. 8)			4. Securities Acquir		ired 5. A C(D) Ow Tra	d 5. Amount of Sect Owned Following Transaction(s)		eficially (6. Ownership Form:	7. Nature of Indirect Beneficial Ownership	
			(1410	ren, E	yayi 1 ca		Code	V	Amour	(A) or (D)		or Indire		or Indirect I)	(Instr. 4)		
(10/17/2005					M		27,50	0 A	\$ 1.16 28	28,194])		
Common Stock		10/17/2005			5	S(1)		27,50	27,500 D \$ 3		694)			
ersion	Date	3A. Deemed Execution Date, if any	(e.g., puts, calls, value) 4. 5. Nur Transaction of Der Code Securi (Instr. 8) Acqui or Disj of (D) (Instr.			nber ivative ties red (A) posed	ries Acquired, Disposed of, or Beneficially arrants, options, convertible securities) ber 6. Date Exercisable and 7. Arative Expiration Date (Month/Day/Year) Security (In Open Control of			cially Ownies) 7. Title a of Under Securities	Owned Title and Amount Judgerlying Unrities 8. Price of Derivative Security		Derivative Securities Beneficially Owned Following Reported	Owners Form of Derivat Security Direct (or Indir	Owners (Instr. 4		
			Code	V	(A)	(D)	Date Exerci	isable			Title	Amount or (Instr. 4)		(Instr. 4)	(Instr. 4)	
.16	10/17/2005		М		2	7,500	06/15	5/20	04(2) 1	2/15/2005	Comm	17.7.300	\$ 0	670,000	D		
X	W RU K PL C 7700 on a sej rrsion rcise of titive	W RUSSELL II (First) K PLACE, SUITE 30 (Street) K 77027 (State) on a separate line for each arrain for each 3. Transaction Date (Month/Day/Year) of titve	W RUSSELL II (First) (K PLACE, SUITE 309 (Street) (C 77027 (State) (Z 17027 (State) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Middle) (Middle) (A 77027 (Zip) (Zip) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year)	W RUSSELL II (First) (Aniddle)	W RUSSELL II (First) (K PLACE, SUITE 309 (Street) Z 77027 (State) 2. Transaction Date (Month/Day/Year) 10/17/2005 10/17/2005 10/17/2005 Table II - Derivative (e.g., puts any (Month/Day/Year)) Table II - Derivative (e.g., puts any (Month/Day/Year)) (Month/Day/Year) 3. Transaction Date (Month/Day/Year) (Month/Day/Year) 3. Transaction Code (Instr. 8)	W RUSSELL II WAALCO ENE (First) (K PLACE, SUITE 309 (Street) 4. If Amendment, I (T77027 (State) 2. Transaction Date (Month/Day/Year) 10/17/2005 10/17/2005 10/17/2005 10/17/2005 Table II - Derivative Secur (e.g., puts, calls, void put in the company of the company	W RUSSELL II (First) (K PLACE, SUITE 309 (Street) (Street) (Street) (State) (Zip) (State) (Zip) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (A 16 Amendment, Date On Execution Date, if any (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (A 16 Amendment, Date On Execution Date, if any (Month/Day/Year) (Month/Day/Year) (A 17/2005 (A 10/17/2005 (A 10/17/	W RUSSELL II (First) (First) (K PLACE, SUITE 309 (Street) (State) (State) (State) (Zip) (A. If Amendment, Date Original Faceution Date Execution Date, if (Month/Day/Year) (Month/Day/Year) (Code 10/17/2005 M 10/17/2005 M 10/17/2005 M 10/17/2005 Table II - Derivative Securities Acquired (e.g., puts, calls, warrants, option of Date (Month/Day/Year) (Month/Day/Year)	W RUSSELL II (First) (State) (Street) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (A 77027 (State) 2. Transaction Date (Execution Date, if only form of the part o	W RUSSELL II (First) (K PLACE, SUITE 309 (Street) (State) (State) (State) (State) (State) (State) (State) (State) (Zip) (State) (Zip) (State) (State) (Zip) (State) (Zip) (State) (State) (State) (Zip) (State) (State) (State) (State) (State) (Zip) (State) (State) (State) (State) (State) (Zip) (State) (A) (Code (Instr. 8) (Instr. 8) (Instr. 3, 4, and 5) (Month/Day/Year) (Mont	W RUŚSELL II WAALCO ENERGY INC /DE/ [EGY] 3. Date of Earliest Transaction (Month/Day/Year) 10/17/2005 4. If Amendment, Date Original Filed(Month/Day/Year) (State) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Instr. 8) (Month/Day/Year) 4. Securities Acquir(Instr. 8) (A) or Or (D) (B) or Or (D) (B) or Or (D) or Or (D) (B) or Or (D) or Or (D) (B) or Or (D) (B) or Or (D) or Or (D) or Or (D) (B) or Or (D) or Or (D) or Or (D) (B) or Or (D) or Or (D) or Or (D) (B) or Or (D) or Or (D) or Or (D) (B) or Or (D) or Or (D) or Or (D) (B) or Or (D) or Or (D) or Or (D) (B) or Or (D) (B) or Or (D)	W RUSSELL II WAALCO ENERGY INC /DE/[EGY] X PLACE, SUITE 309 (Street) 4. If Amendment, Date Original Filed(Month/Day/Year) (Instr. 3, 4 and 5) (Instr. 8) (Instr. 3) (I	W RUSSELL II WALCO ENERGY INC /DE' [EGY] (First) (State) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) Table II - Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (Instr. 3 and 4) Persons who respond to the collection of this form are not required to respond unle currently valid OMB control number. Table II - Derivative Securities Acquired, Disposed of OB (Instr. 3) Acquired (A) or Disposed of (D) (Instr. 3) (Instr. 3 and 4) Persons who respond to the collection of this form are not required to respond unle currently valid OMB control number. Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (E.g., puts, calls, warrants, options, convertible securities) Acquired (A) or Disposed of, or Beneficially Owned (Instr. 3) Acquired (A) or Disposed of, or Beneficially Owned (Instr. 3) Acquired (A) or Disposed of, or Beneficially Owned (Instr. 3) (Instr. 3 and 4) Acquired (A) or Disposed of, or Beneficially Owned (Instr. 3) (Instr. 3 and 4) Amount or Number (Month/Day/Year) (Instr. 3 and 4)	WRUSSELL II WAALCO ENERGY INC /DE / [EGY] S. Date of Earliest Transaction (Month/Day/Year) (Street) 4. If Amendment, Date Original Filed, Month/Day/Year) (State) 7. Table 1 - Non-Derivative Securities Acquired, Disposed of, or Benefit Date (Month/Day/Year) (Month/Day/Year) 10/17/2005 7. Table 1 - Non-Derivative Securities Acquired, Disposed of, or Benefit Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) 10/17/2005 M 27,500 A \$ 1.16 28,194 10/17/2005 M 27,500 D \$ 3,39 694 Table II - Derivative Securities Sender (A) or Disposed of (D) (Instr. 3 and 4) (Instr. 3 and 4) (Instr. 3 and 4) (Month/Day/Year) (Month/D	VAALCO ENERGY INC /DE/ [EGY] Check all applicable Check all ap	WRUSSELL II VAALCO ENERGY INC /DE/[EGY] (Check all applicable) (Check applicable)	

Signatures

HOUSTON, TX 77027

SUITE 309

Reporting Owner Name / Address

SCHEIRMAN W RUSSELL II 4600 POST OAK PLACE 10%

Owner

Officer

President

Other

Director

X

W. Russell Scheirman	10/19/2005
**Signature of Reporting Person	Date

Explanation of Responses:

- * 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).
- (1) The sale reported in Form 4 was effected pursuant to Rule 10b5-1 trading plan adopted by the reporting person on 12/20/2004
- (2) Refer to Form 4 dated 02/02/2005 for vesting and expiration schedule

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

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 number.