

Ingersoll-Rand plc
Form 144
August 09, 2016

OMB APPROVAL

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WORK LOCATION

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

FORM 144

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

Transmit for
filing 3
copies of this
form
concurrently
with either
placing an
ATTENTION: order with a
broker to
execute sale
or executing
a sale
directly with
a market
maker.

1 (a) NAME OF ISSUER (Please type or print)

Ingersoll-Rand plc

1 (d) ADDRESS OF
ISSUER
STATE ZIP CODE

STREET

CITY

(e) TELEPHONE NO.
NUMBER

(b) IRS
IDENT. NO. (c) S.E.C. FILE
NO. 001-34400
98-0626632

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170/175 Lakeview Drive, Airside Business Park, Swords, Co.
Dublin Ireland

AREA 1870-7400
CODE
+(353)(0)

2 (a) NAME OF PERSON FOR WHOSE ACCOUNT THE
SECURITIES ARE TO BE SOLD

(b)
RELATIONSHIP
TO ISSUER

(c) ADDRESS STREET CITY
STATE ZIP CODE

Marcia J. Avedon

Officer

170/175 Lakeview Drive, Airside
Business Park, Swords, Co. Dublin
Ireland

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.

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|----|-----|--------------------------------------------------------------------------------------------------------------------------------------------|-----|-------------------------------------------------------------------------------------------|
| 2. | (a) | Name of person for whose account the securities are to be sold | | recent report or statement published by the issuer |
| | (b) | Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing) | (f) | Approximate date on which the securities are to be sold |
| | (c) | Such person's address, including zip code | (g) | 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:

Title	Nature of Acquisition Transaction	Name of Person from Whom Acquired (If gift, also give date donor acquired)	Amount of Securities Acquired	Date of Payment	Nature of Payment
Ordinary Shares	Exercise of stock options	Ingersoll-Rand plc	5,815	n/a	n/a

INSTRUCTIONS: If the securities were purchased and full payment therefor was not made in cash at the time 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 paid.

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
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REMARKS:

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.

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 each 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.

August 9, 2016
DATE OF NOTICE

/s/ Sara Walden Brown, Attorney-In-Fact
(SIGNATURE)

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

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)