FORM 3

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

## INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

OMB APPROVAL OMB Number 3235-0104

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

					or Section 3	U(n) of the Investment Company Act of 1940					
Name and Address of Reporting Person*     ASHMAN STEPHEN N				vent Requiring /Year) .8	Statement	3. Issuer Name <b>and</b> Ticker or Trading Symbol Capital Bancorp Inc [ CBNK ]					
Last) (First) (Middle) DNE CHURCH STREET						4. Relationship of Reporting Person(s) to Issuer (Check all applicable)     X Director	10% Owner Other (specify below)		If Amendment, Date of Original Filed (Month/Day/Year)     Individual or Joint/Group Filing (Check Applicable Line)     X Form filed by One Reporting Person     Form filed by More than One Reporting Person		
(Street) ROCKVILLE MD 20850			-			Officer (give title below)					
(City)	(State)	(Zip)									
				Table	I - Non-De	erivative Securities Beneficially Owned					
1. Title of Security (Instr. 4)						2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership For (D) or Indirect (I)	m: Direct (Instr. 5)	4. Nature	ture of Indirect Beneficial Ownership (Instr. 5)	
Common Stock						469,348	I	H	By Stepl	hen Ashman Revo	cable Trust
Common Stock					251,900	I	5	Shari G. Ashman Trust			
						vative Securities Beneficially Owned warrants, options, convertible securitie	s)				
1. Title of Derivative Security (Instr. 4)  2. Date Exercisal Expiration Date (Month/Day/Year)					ate	3. Title and Amount of Securities Underlying Deri (Instr. 4)	Exercis of Deri		rice F	5. Ownership Form: Direct (D) or ndirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
				Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Security			
Stock Options 12/31/2015 <sup>(1)</sup> 12/31/2019				12/31/2019	Common Stock	6,400	6.63		D		
Stock Options 12/31/2016 <sup>(1)</sup> 12/31/2020					Common Stock	10,000	7.5		D		
Stock Options 12/31/2017 <sup>(1)</sup> 12/31/2021					Common Stock	10,600	8.5		D		
Stock Options				12/31/2018 <sup>(1)</sup>	12/31/2022	Common Stock	10,800	12.38	В	D	
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Explanation of Responses:

1. The Stock Options vest in four equal annual installments beginning on the first anniversary of the date of grant.

/s/ Alan Jackson, as Attorney-in-Fact

\*\* 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 5 (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.

Know all by these present, that the undersigned hereby makes, constitutes and appoints each of Alan Jackson and Karen Grau as the undersigned's true and lawful attorney. In conserving the securities of Capital Bancorp, Incompanies seek or obtain, as the undersigned's representative and on the undersigned's behalf, information on transactions in the Company's securities from any thire perform any and all other acts which in the discretion of such attorney-in-fact are necessary or desirable for and on behalf of the undersigned in connections.

The undersigned acknowledges that:

(1) this Power of Attorney authorizes, but does not require, such attorney-in-fact to act in their discretion on information provided to such attorney-in-fact without independent verification of such information;
(2) any documents prepared and/or executed by such attorney-in-fact on behalf of the undersigned pursuant to this Power of Attorney will be in such form and w:
(3) neither the Company nor such attorney-in-fact assumes (i) any liability for the undersigned's responsibility to comply with the requirement of the Exchange (4) this Power of Attorney does not relieve the undersigned from responsibility for compliance with the undersigned's obligations under the Exchange Act, included the complex of the undersigned from responsibility for compliance with the undersigned's obligations under the Exchange Act, included the undersigned from responsibility for compliance with the undersigned's obligations under the Exchange Act, included the undersigned from responsibility for compliance with the undersigned's obligations under the Exchange Act, included the undersigned from responsibility for compliance with the undersigned from respo

The undersigned hereby gives and grants the foregoing attorney-in-fact full power and authority to do and perform all and every act and thing whatsoever requisite, r

This Power of Attorney shall remain in full force and effect until revoked by the undersigned in a signed writing delivered to such attorney-in-fact.

IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of this 25th day of September, 2018.

/s/ Stephen N. Ashman Signature