

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

OMB APPROVAL	
OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

1. Name and Address of Reporting Person* <u>SPYCHALA MICHAEL R</u> _____ (Last) (First) (Middle) <u>ONE M&T PLAZA</u> _____ (Street) <u>BUFFALO NY 14203-2399</u> _____ (City) (State) (Zip)			2. Issuer Name and Ticker or Trading Symbol <u>M&T BANK CORP [MTB]</u>		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner X Officer (give title below) Other (specify below) <u>Sr. VP & Controller</u>	
			3. Date of Earliest Transaction (Month/Day/Year) <u>07/16/2004</u>			
			4. If Amendment, Date of Original Filed (Month/Day/Year)		6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person	

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 Stock	07/16/2004		M		5,000	A	\$14	8,600	D	
Common Stock	07/16/2004		M		7,500	A	\$21.1	16,100	D	
Common Stock	07/16/2004		F		1,874	D	\$93.61	14,226	D	
Common Stock	07/16/2004		S		1,600	D	\$93.35	12,626	D	
Common Stock	07/16/2004		S		500	D	\$93.36	12,126	D	
Common Stock	07/16/2004		S		400	D	\$93.41	11,726	D	
Common Stock	07/16/2004		S		1,200	D	\$93.72	10,526	D	
Common Stock								1,400	I	By Son ⁽¹⁾
Common Stock								1,400	I	By Daughter ⁽²⁾
Common Stock								940	I	401(k) Plan ⁽³⁾
Common Stock								1,612	I	401 (k) Plan by Wife ⁽³⁾

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. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Option (Right to buy)	\$14	07/16/2004		M			5,000	(4)	01/17/2005	Common Stock	5,000	(5)	0	D	
Option (Right to buy)	\$21.1	07/16/2004		M			7,500	(4)	01/16/2006	Common Stock	7,500	(5)	0	D	

Explanation of Responses:

- These shares are owned by the son of the reporting person under the Uniform Transfers to Minors Act for which the reporting person is custodian.
- These shares are owned by the daughter of the reporting person under the Uniform Transfers to Minors Act for which the reporting person is custodian.
- The information presented is as of March 31, 2004.
- Currently exercisable.
- The option was granted under an employee stock option plan maintained by M&T Bank Corporation, and therefore the reporting person paid no price for the option.

Remarks:

Michael R. Spychala

07/20/2004

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.