FORM 4

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

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, [D.C.	20549
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

401(k)

Plan⁽⁴⁾

Ι

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										lioui	s per response.	0.5	
1. Name and Address of Reporting Person* SPYCHALA MICHAEL R				er Name and Ticke ΓΒΑΝΚ CO					ationship of Report all applicable) Director Officer (give title	10% Owr			
(Last) ONE M&T PL	(First) AZA	(Middle)		3. Date of Earliest Transaction (Month/Day/Year) 01/31/2023						below)	/P & Controller		
(Street) BUFFALO (City)	NY (State)	14203-2399 (Zip)	4. If An	4. If Amendment, Date of Original Filed (Month/Day/Year)						Form filed by More than One Reporting Person Form filed by More than One Reporting Person			
		Table I - Non-D	erivative S	ecurities Acq	uired,	Dis	posed of,	or Ben	eficially	Owned			
Date		Fransaction te onth/Day/Year)	Execution Date,		ction Instr.	4. Securities Disposed Of			5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
				Code V		Amount (A) or Pr		Price	Transaction(s) (Instr. 3 and 4)		(111041.4)		
Common Stock		0	1/31/2023		A ⁽¹⁾		255	A ⁽¹⁾	\$0.00(2)	34,943.02	D		
Common Stock		0	1/31/2023		F ⁽³⁾		86	D	\$156	34,857.02	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 Deer of Deer of Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transa Code (8)		of		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	Amount or Number of Shares				
Option (right to buy)	\$156	01/31/2023		A		1,154		(5)	01/31/2033	Common Stock	1,154	\$0.00 ⁽⁶⁾	1,154	D	

Explanation of Responses:

Common Stock

- 1. Shares issued pursuant to vesting of performance-based restricted stock units, which were granted to the reporting person on January 31, 2022, under the 2019 M&T Bank Corporation Equity Incentive Compensation Plan (the "Equity Plan") and vested upon achievement of performance goals for the applicable performance period.
- 2. The performance-based restricted stock units were granted under the Equity Plan, and therefore the reporting person paid no price for the performance-based restricted stock units.
- 3. Shares withheld for taxes upon the settlement in shares of performance-based restricted stock units previously granted to the reporting person.
- 4. The information presented is as of December 31, 2022.
- 5. The option vests ratably on the first, second and third anniversary of the grant date.
- 6. The option was granted under the Equity Plan, and therefore the reporting person paid no price for the option.

Remarks:

By: Stephen T. Wilson, Esq. (Attorney-In-Fact)

02/02/2023

** Signature of Reporting Person

Date

1,582

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.