BlackRock ESG Capital Allocation Trust

Cusip: 09262F100 Ticker: ECAT

Record Date	September 15, 2022		
Pay Date	September 30, 2022		
Distribution Amount per share	\$	0.100000	

The following table sets forth the estimated amounts of the current distribution and the cumulative distributions paid this fiscal year to date from the following sources: net income, net realized short-term capital gains, net realized long-term capital gains and return of capital. All amounts are expressed per common share.

			% Breakdown of the Current		al Cumulative tions for the Fiscal	% Breakdown of the Total Cumulative Distributions for
	Current	Distribution	Distribution	Y	ear to Date	the Fiscal Year to Date
Net Income	\$	0.027963	28%	\$	0.147279	16%
Net Realized Short-Term Capital Gains	\$	-	0%	\$	-	0%
Net Realized Long-Term Capital Gains	\$	-	0%	\$	-	0%
Return of Capital	\$	0.072037	72%	\$	0.752721	84%
Total (per common share)	\$	0.100000	100%	\$	0.900000	100%
Average annual total return (in relation	to NAV) fo	r the 5-year peri	od ending on August	31, 2022		-9.68%
Annualized current distribution rate exp	7.03%					
Cumulative total return (in relation to N	-13.15%					
Cumulative fiscal year distributions as a	4.69%					

You should not draw any conclusions about the Fund's investment performance from the amount of this distribution or from the terms of the Fund's Managed Distribution Plan.

The Fund estimates that it has distributed more than its net income and net realized capital gains; therefore, a portion of your distribution may be a return of capital. A return of capital may occur, for example, when some or all of the money that you invested in the Fund is paid back to you. A return of capital does not necessarily reflect the Fund's investment performance and should not be confused with 'yield' or 'income'. When distributions exceed total return performance, the difference will reduce the Fund's net asset value per share.

The amounts and sources of distributions reported in this Notice are only estimates and are not being provided for tax reporting purposes. The actual amounts and sources of the amounts for tax reporting purposes will depend upon the Fund's investment experience during its fiscal year and may be subject to changes based on tax regulations. The Fund will send you a Form 1099-DIV for the calendar year that will tell you how to report these distributions for federal income tax purposes.

Contact Number: 800-882-0052