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TRUSTCO BANK CORP N Y
Form 13F-HR
May 04, 2009

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549
FORM 13F
FORM 13F COVER PAGE

Report for the Calendar Year or Quarter Ended: 3/31/2009

Check here if Amendment [] Amendment Number:

This Amendment [] is a restatement

Institutional Investment Manager Filing this Report:

Name: TRUSTCO BANK
Address: 3 SARNOWSKI DRIVE
GLENVILLE, NY 12302

13F File Number: 28-10307

The institutional investment Manager filing this report and the person by whom it is signed hereby represent that the person signing the report is authorized to submit it, that all information contained herein is true, correct and complete, and that it is understood that all required items, statements, schedules, lists, and tables, are considered integral parts of this form.

Person Signing this Report on Behalf of Reporting Manager:

Name: Richard W. Provost
Title: Trust Officer
Phone: 518-381-3699
Signature, Place, and Date of Signing:

/s/ Richard W. Provost	Glenville, NY	04/06/2009
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[Signature]	[City,State]	[Date]

Report Type (Check only one)
[X] 13F HOLDINGS REPORT
[] 13F COMBINATION REPORT

COLUMN TOTALS	4417
AGGREGATE TOTAL	95344

FORM 13F SUMMARY PAGE

Report Summary:

Number of Other Included Managers:	0
Form 13F Information Table Entry Total:	121
Form 13F Information Table Value Total:	\$ 95,344

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List of Other Included Managers:

Provide a numbered list of the name(s) and Form 13F file number(s) of all institutional investment Managers with respect to which this report is filed, other than the Manager filing this report.

NONE

FORM 13F INFORMATION TABLE

NAME OF ISSUER	TITLE OF CLASS	CUSIP	VALUE (x\$1000)	SHARES/ PRN AMT	SH/ PRN	PUT/ CALL	INVSTMT DISCRTN	OTHER MANAGERS
AT&T INC	COMMON STOCK	00206R102	1416	56200	SH		DEFINED	
		00206R102	570	22622	SH		DEF/OTH	
ABBOTT LABORATORIES	COMMON STOCK	002824100	2381	49919	SH		DEFINED	
		002824100	431	9026	SH		DEF/OTH	
AIR PRODUCTS & CHEMICALS INC	COMMON STOCK	009158106	360	6400	SH		DEFINED	
ALTRIA GROUP INC	COMMON STOCK	02209S103	14	870	SH		DEFINED	
		02209S103	694	43300	SH		DEF/OTH	
APPLIED MATERIALS INC	COMMON STOCK	038222105	391	36400	SH		DEFINED	
		038222105	6	600	SH		DEF/OTH	
AUTOMATIC DATA PROCESSING INC	COMMON STOCK	053015103	549	15625	SH		DEFINED	
		053015103	21	600	SH		DEF/OTH	
BP PLC	FOREIGN STOCK	055622104	1362	33953	SH		DEFINED	
		055622104	277	6904	SH		DEF/OTH	
THE BANK OF NEW YORK COMPANY INC	COMMON STOCK	064058100	329	11637	SH		DEFINED	
BRISTOL-MYERS SQUIBB CO	COMMON STOCK	110122108	138	6300	SH		DEFINED	
		110122108	259	11800	SH		DEF/OTH	
CHEVRON CORP NEW	COMMON STOCK	166764100	2841	42251	SH		DEFINED	
		166764100	973	14471	SH		DEF/OTH	
CISCO SYSTEMS INC	COMMON STOCK	17275R102	844	50342	SH		DEFINED	
		17275R102	44	2650	SH		DEF/OTH	
COCA COLA CO	COMMON STOCK	191216100	2499	56866	SH		DEFINED	
		191216100	580	13200	SH		DEF/OTH	
COLGATE PALMOLIVE CO	COMMON STOCK	194162103	1635	27728	SH		DEFINED	
		194162103	254	4300	SH		DEF/OTH	
DISNEY WALT CO	COMMON STOCK	254687106	819	45100	SH		DEFINED	
		254687106	132	7250	SH		DEF/OTH	
DOMINION RESOURCES INC VA NEW	COMMON STOCK	25746U109	21	686	SH		DEFINED	
		25746U109	199	6418	SH		DEF/OTH	
DOW CHEMICAL CO	COMMON STOCK	260543103	98	11675	SH		DEFINED	
		260543103	25	2925	SH		DEF/OTH	
DU PONT E I DE NEMOURS & CO	COMMON STOCK	263534109	397	17793	SH		DEFINED	
		263534109	71	3160	SH		DEF/OTH	
ECOLAB INC	COMMON STOCK	278865100	515	14842	SH		DEFINED	

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		278865100	17	500	SH	DEF/OTH
EMERSON ELECTRIC CO	COMMON STOCK	291011104	223	7800	SH	DEFINED
		291011104	80	2800	SH	DEF/OTH
EXELON CORP	COMMON STOCK	30161N101	836	18425	SH	DEFINED
		30161N101	147	3240	SH	DEF/OTH
EXXON MOBIL CORP	COMMON STOCK	30231G102	7534	110625	SH	DEFINED
		30231G102	2249	33032	SH	DEF/OTH
GENERAL ELECTRIC CO	COMMON STOCK	369604103	6227	615907	SH	DEFINED
		369604103	2756	272649	SH	DEF/OTH
GENERAL ELECTRIC CAPITAL CORP	CORPORATE BONDS	36967HAD9	1030	1000000	PRN	DEF/OTH
GENERAL MILLS INC	COMMON STOCK	370334104	623	12495	SH	DEFINED
		370334104	242	4850	SH	DEF/OTH
GLAXOSMITHKLINE PLC	FOREIGN STOCK	37733W105	350	11266	SH	DEFINED
		37733W105	134	4314	SH	DEF/OTH
HEWLETT PACKARD CO	COMMON STOCK	428236103	145	4511	SH	DEFINED
		428236103	80	2504	SH	DEF/OTH
HOME DEPOT INC	COMMON STOCK	437076102	344	14599	SH	DEFINED
		437076102	80	3389	SH	DEF/OTH
INTEL CORP	COMMON STOCK	458140100	1451	96550	SH	DEFINED
		458140100	92	6100	SH	DEF/OTH
INTERNATIONAL BUSINESS MACHINES	COMMON STOCK	459200101	956	9867	SH	DEFINED
		459200101	455	4700	SH	DEF/OTH
ISHARES	MUTUAL FUND/CORPORATE BOND	464287226	609	6000	SH	DEF/OTH
JPMORGAN CHASE & CO	COMMON STOCK	46625H100	968	36428	SH	DEFINED
		46625H100	343	12916	SH	DEF/OTH
JACOBS ENGINEERING GROUP INC	COMMON STOCK	469814107	258	6675	SH	DEFINED
		469814107	17	450	SH	DEF/OTH
JOHNSON & JOHNSON	COMMON STOCK	478160104	4882	92821	SH	DEFINED
		478160104	580	11025	SH	DEF/OTH
JOHNSON CONTROLS INC	COMMON STOCK	478366107	165	13750	SH	DEFINED
		478366107	49	4050	SH	DEF/OTH
KRAFT FOODS INC	COMMON STOCK	50075N104	36	1628	SH	DEFINED
		50075N104	668	29964	SH	DEF/OTH
ELI LILLY & CO	COMMON STOCK	532457108	492	14740	SH	DEFINED
		532457108	20	600	SH	DEF/OTH
LOWES COMPANIES INC	COMMON STOCK	548661107	341	18668	SH	DEFINED
		548661107	18	1000	SH	DEF/OTH
MEDTRONIC INC	COMMON STOCK	585055106	1520	51562	SH	DEFINED
		585055106	35	1200	SH	DEF/OTH
MICROSOFT CORP	COMMON STOCK	594918104	2773	150961	SH	DEFINED
		594918104	309	16821	SH	DEF/OTH
MORGAN STANLEY NBT BANCORP INC	CORPORATE BONDS	61757UAA8	513	500000	PRN	DEFINED
NEW YORK COMMUNITY BANK	COMMON STOCK	628778102	523	24158	SH	DEFINED
	CORPORATE BONDS	64944QAA5	983	960000	PRN	DEFINED
NIKE INC	COMMON STOCK	654106103	380	8100	SH	DEFINED
		654106103	9	200	SH	DEF/OTH
NUVEEN	MUTUAL	67062X101	114	10000	SH	DEF/OTH

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NUVEEN	MUTUAL	67070A101	112	10000	SH	DEF/OTH
NUVEEN	MUTUAL	67101R107	113	10000	SH	DEF/OTH
ORACLE CORP	COMMON STOCK	68389X105	198	10950	SH	DEFINED
PEPSICO INC	COMMON STOCK	713448108	2852	55398	SH	DEFINED
		713448108	371	7200	SH	DEF/OTH
PFIZER INC	COMMON STOCK	717081103	372	27335	SH	DEFINED
		717081103	138	10126	SH	DEF/OTH
PHILIP MORRIS INTERNATIONAL INC	COMMON STOCK	718172109	31	870	SH	DEFINED
		718172109	1541	43300	SH	DEF/OTH
POWERSHARES	MUTUAL FUND/STOCK	73935A104	834	27500	SH	DEF/OTH
PROCTER & GAMBLE CO	COMMON STOCK	742718109	4208	89353	SH	DEFINED
		742718109	645	13700	SH	DEF/OTH
SCHERING PLOUGH CORP	COMMON STOCK	806605101	306	12996	SH	DEFINED
SCHLUMBERGER LTD	COMMON STOCK	806857108	351	8637	SH	DEFINED
		806857108	8	200	SH	DEF/OTH
SOUTHERN CO	COMMON STOCK	842587107	1227	40058	SH	DEFINED
		842587107	184	6000	SH	DEF/OTH
SOVEREIGN BANCORP	CORPORATE BONDS	846042AB5	156	155000	PRN	DEFINED
		846042AB5	96	95000	PRN	DEF/OTH
TARGET CORP	COMMON STOCK	87612E106	519	15082	SH	DEFINED
		87612E106	52	1500	SH	DEF/OTH
TEXAS INSTRUMENTS INC	COMMON STOCK	882508104	256	15530	SH	DEFINED
		882508104	8	500	SH	DEF/OTH
3M CO	COMMON STOCK	88579Y101	977	19649	SH	DEFINED
		88579Y101	240	4830	SH	DEF/OTH
TRUSTCO BANK CORP NY	COMMON STOCK	898349105	2910	483307	SH	DEFINED
		898349105	3932	653189	SH	DEF/OTH
UNITED PARCEL SERVICE	COMMON STOCK	911312106	360	7309	SH	DEFINED
		911312106	10	200	SH	DEF/OTH
UNITED TECHNOLOGIES CORP	COMMON STOCK	913017109	2339	54431	SH	DEFINED
		913017109	150	3500	SH	DEF/OTH
VERIZON COMMUNICATIONS INC	COMMON STOCK	92343V104	1630	53984	SH	DEFINED
		92343V104	270	8948	SH	DEF/OTH
WAL-MART STORES INC	COMMON STOCK	931142103	1806	34656	SH	DEFINED
		931142103	214	4100	SH	DEF/OTH
WELLS FARGO & CO NEW	COMMON STOCK	949746101	781	54827	SH	DEFINED
		949746101	75	5300	SH	DEF/OTH
WYETH	COMMON STOCK	983024100	357	8306	SH	DEFINED
		983024100	121	2815	SH	DEF/OTH
NOBLE CORPORATION	FOREIGN STOCK	H5833N103	752	31200	SH	DEFINED
		H5833N103	41	1700	SH	DEF/OTH