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TRUSTCO BANK CORP N Y
Form 13F-HR
August 04, 2010

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

Form 13F
Form 13F COVER PAGE

Report for the Calendar Year or Quarter Ended: 6/30/2010
Check here if Amendment []; Amendment Number: _____

This Amendment (Check only one.):
 is a restatement.
 adds new holdings entries.

Institutional Investment Manager Filing this Report:

Name: TRUSTCO BANK CORP NY
Address: 5 SARNOWSKI DRIVE
GLENVILLE, NY 12302

Form 13F File Number: 28-06657

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.

Persons Signing this Report on Behalf of Reporting Manager:

Name: RICHARD W PROVOST
Title: SENIOR TRUST OFFICER
Phone: 518-381-3643

Signature, Place, and Date of Signing:

/s/ RICHARD W PROVOST	GLENVILLE, NY	8/3/2010
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[Signature]	[City, State]	[Date]

Report Type (Check only one):

- 13F HOLDINGS REPORT. (Check here if all holdings of this reporting manager are reported in this report.)
- 13F NOTICE. (Check here if no holdings reported are in this report, and all holdings are reported by other reporting manager(s).)
- 13F COMBINATION REPORT. (Check here if a portion of the holdings for this reporting manager are reported in this report and a portion are reported by other reporting manager(s).)

List of Other Managers Reporting for this Manager:

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Form 13F SUMMARY PAGE

Report Summary:

Number of Other Included Managers: 1

Form 13F Information Table Entry Total: 206

Form 13F Information Table Value Total: \$ 94,620

 (In Thousands)

List of Other Included Managers:

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

No.	Form 13F File Number	Name
1	28-10307	Trustco Bank

FORM 13F INFORMATION TABLE

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5	COLUMN 6	COLUMN 7
NAME OF ISSUER	TITLE OF CLASS	CUSIP	VALUE (x\$1000)	SHRS OR PRN AMT	SH/ PUT/ CALL	INVESTMENT DISCRETION
AT&T INC	COM	00206R102	1335	55197	SH	DEFINED
AT&T INC	COM	00206R102	505	20869	SH	OTHER
			0	0		OTHER
ABBOTT LABORATORIES	COM	002824100	2479	53000	SH	DEFINED
			0	0		DEFINED
ABBOTT LABORATORIES	COM	002824100	344	7345	SH	OTHER
			0	0		OTHER
AIR PRODUCTS & CHEMICALS INC	COM	009158106	324	5000	SH	DEFINED
ALTRIA GROUP INC	COM	02209S103	37	1870	SH	DEFINED
ALTRIA GROUP INC	COM	02209S103	857	42787	SH	OTHER
			0	0		OTHER
AMERICAN EXPRESS CO	COM	025816109	77	1950	SH	DEFINED
AMERICAN EXPRESS CO	COM	025816109	307	7734	SH	OTHER
			0	0		OTHER
APPLIED MATERIALS INC	COM	038222105	790	65700	SH	DEFINED
			0	0		DEFINED
APPLIED MATERIALS INC	COM	038222105	35	2900	SH	OTHER
AUTOMATIC DATA PROCESSING INC	COM	053015103	375	9323	SH	DEFINED
			0	0		DEFINED
AUTOMATIC DATA PROCESSING INC	COM	053015103	16	400	SH	OTHER
BANK OF AMERICA CORP	COM	060505104	312	21687	SH	DEFINED
BANK OF AMERICA CORP	COM	060505104	59	4137	SH	OTHER
			0	0		OTHER

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BHP BILLITON LTD	FOR	088606108	423	6825	SH	DEFINED	1
BHP BILLITON LTD	FOR	088606108	19	300	SH	OTHER	1
			0	0		OTHER	1
BRISTOL-MYERS SQUIBB CO	COM	110122108	80	3200	SH	DEFINED	1
BRISTOL-MYERS SQUIBB CO	COM	110122108	391	15686	SH	OTHER	1
			0	0		OTHER	1
CATERPILLAR INC	COM	149123101	168	2800	SH	DEFINED	1
CATERPILLAR INC	COM	149123101	65	1075	SH	OTHER	1
CHEVRON CORP NEW	COM	166764100	2056	30301	SH	DEFINED	1
			0	0		DEFINED	1
CHEVRON CORP NEW	COM	166764100	1098	16187	SH	OTHER	1
			0	0		OTHER	1
CISCO SYSTEMS INC	COM	17275R102	810	38026	SH	DEFINED	1
CISCO SYSTEMS INC	COM	17275R102	67	3150	SH	OTHER	1
			0	0		OTHER	1
COCA COLA CO	COM	191216100	2616	52192	SH	DEFINED	1
			0	0		DEFINED	1
COCA COLA CO	COM	191216100	601	12000	SH	OTHER	1
			0	0		OTHER	1
COLGATE PALMOLIVE CO	COM	194162103	1441	18294	SH	DEFINED	1
COLGATE PALMOLIVE CO	COM	194162103	410	5200	SH	OTHER	1
			0	0		OTHER	1
DISNEY WALT CO	COM	254687106	1490	47296	SH	DEFINED	1
			0	0		DEFINED	1
DISNEY WALT CO	COM	254687106	268	8510	SH	OTHER	1
			0	0		OTHER	1
DOMINION RESOURCES INC VA NEW	COM	25746U109	236	6080	SH	OTHER	1
DOW CHEMICAL CO	COM	260543103	317	13374	SH	DEFINED	1
DOW CHEMICAL CO	COM	260543103	113	4772	SH	OTHER	1
			0	0		OTHER	1
DU PONT E I DE NEMOURS & CO	COM	263534109	161	4650	SH	DEFINED	1
			0	0		DEFINED	1
DU PONT E I DE NEMOURS & CO	COM	263534109	55	1586	SH	OTHER	1
			0	0		OTHER	1
ECOLAB INC	COM	278865100	839	18691	SH	DEFINED	1
			0	0		DEFINED	1
ECOLAB INC	COM	278865100	31	700	SH	OTHER	1

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COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5	COLUMN 6	COLUMN 7
NAME OF ISSUER	TITLE OF CLASS	CUSIP	VALUE (x\$1000)	SHRS OR PRN AMT	SH/ PUT/ CALL	INVESTMENT DISCRETION
EMERSON ELECTRIC CO	COM	291011104	247	5650	SH	DEFINED
			0	0		DEFINED
EMERSON ELECTRIC CO	COM	291011104	92	2113	SH	OTHER
			0	0		OTHER
EXELON CORP	COM	30161N101	616	16224	SH	DEFINED
EXELON CORP	COM	30161N101	172	4540	SH	OTHER
			0	0		OTHER
EXXON MOBIL CORP	COM	30231G102	4569	80058	SH	DEFINED
			0	0		DEFINED
EXXON MOBIL CORP	COM	30231G102	2370	41536	SH	OTHER
			0	0		OTHER

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FORTUNE BRANDS INC	COM	349631101	108	2748	SH	DEFINED	1
			0	0		DEFINED	1
FORTUNE BRANDS INC	COM	349631101	133	3400	SH	OTHER	1
			0	0		OTHER	1
GENERAL ELECTRIC CO	COM	369604103	7220	500674	SH	DEFINED	1
			0	0		DEFINED	1
GENERAL ELECTRIC CO	COM	369604103	3720	257997	SH	OTHER	1
			0	0		OTHER	1
			0	0		OTHER	1
GENERAL MILLS INC	COM	370334104	1000	28148	SH	DEFINED	1
			0	0		DEFINED	1
GENERAL MILLS INC	COM	370334104	398	11200	SH	OTHER	1
			0	0		OTHER	1
GLAXOSMITHKLINE PLC	FOR	37733W105	249	7316	SH	DEFINED	1
GLAXOSMITHKLINE PLC	FOR	37733W105	193	5674	SH	OTHER	1
			0	0		OTHER	1
HEWLETT PACKARD CO	COM	428236103	485	11200	SH	DEFINED	1
HEWLETT PACKARD CO	COM	428236103	160	3700	SH	OTHER	1
			0	0		OTHER	1
HOME DEPOT INC	COM	437076102	334	11905	SH	DEFINED	1
			0	0		DEFINED	1
HOME DEPOT INC	COM	437076102	58	2064	SH	OTHER	1
			0	0		OTHER	1
INTEL CORP	COM	458140100	1704	87614	SH	DEFINED	1
			0	0		DEFINED	1
INTEL CORP	COM	458140100	223	11468	SH	OTHER	1
			0	0		OTHER	1
IBM CORP	COM	459200101	1374	11128	SH	DEFINED	1
IBM CORP	COM	459200101	710	5750	SH	OTHER	1
			0	0		OTHER	1
JPMORGAN CHASE & CO	COM	46625H100	1428	39014	SH	DEFINED	1
			0	0		DEFINED	1
JPMORGAN CHASE & CO	COM	46625H100	461	12599	SH	OTHER	1
			0	0		OTHER	1
JACOBS ENGINEERING GROUP INC	COM	469814107	256	7024	SH	DEFINED	1
JACOBS ENGINEERING GROUP INC	COM	469814107	20	550	SH	OTHER	1
			0	0		OTHER	1
JOHNSON & JOHNSON	COM	478160104	4393	74390	SH	DEFINED	1
JOHNSON & JOHNSON	COM	478160104	822	13911	SH	OTHER	1
			0	0		OTHER	1
JOHNSON CONTROLS INC	COM	478366107	307	11425	SH	DEFINED	1
JOHNSON CONTROLS INC	COM	478366107	78	2900	SH	OTHER	1
			0	0		OTHER	1
KRAFT FOODS INC	COM	50075N104	48	1702	SH	DEFINED	1
KRAFT FOODS INC	COM	50075N104	853	30470	SH	OTHER	1
			0	0		OTHER	1
ELI LILLY & CO	COM	532457108	178	5299	SH	DEFINED	1
ELI LILLY & CO	COM	532457108	55	1656	SH	OTHER	1
			0	0		OTHER	1

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LOWES COMPANIES INC	COM	548661107	436	21367	SH	DEFINED	1
LOWES COMPANIES INC	COM	548661107	30	1450	SH	OTHER	1
			0	0		OTHER	1
MASCO CORP	COM	574599106	130	12100	SH	DEFINED	1
MASCO CORP	COM	574599106	26	2400	SH	OTHER	1
			0	0		OTHER	1
MCGRAW HILL COS INC	COM	580645109	351	12459	SH	DEFINED	1
MCGRAW HILL COS INC	COM	580645109	31	1100	SH	OTHER	1
			0	0		OTHER	1
MEDTRONIC INC	COM	585055106	1854	51109	SH	DEFINED	1
			0	0		DEFINED	1
MEDTRONIC INC	COM	585055106	73	2005	SH	OTHER	1
			0	0		OTHER	1
MERCK & CO INC	COM	58933Y105	154	4399	SH	DEFINED	1
MERCK & CO INC	COM	58933Y105	156	4452	SH	OTHER	1
			0	0		OTHER	1
MICROSOFT CORP	COM	594918104	2702	117418	SH	DEFINED	1
			0	0		DEFINED	1
MICROSOFT CORP	COM	594918104	229	9963	SH	OTHER	1
			0	0		OTHER	1
NBT BANCORP INC	COM	628778102	493	24158	SH	OTHER	1
NIKE INC	COM	654106103	746	11049	SH	DEFINED	1
NIKE INC	COM	654106103	88	1300	SH	OTHER	1
			0	0		OTHER	1
ORACLE CORP	COM	68389X105	352	16400	SH	DEFINED	1
ORACLE CORP	COM	68389X105	10	452	SH	OTHER	1
PEPSICO INC	COM	713448108	2707	44419	SH	DEFINED	1
			0	0		DEFINED	1
PEPSICO INC	COM	713448108	442	7250	SH	OTHER	1
			0	0		OTHER	1
PFIZER INC	COM	717081103	458	32083	SH	DEFINED	1
			0	0		DEFINED	1
PFIZER INC	COM	717081103	196	13767	SH	OTHER	1
			0	0		OTHER	1
PHILIP MORRIS INTERNATIONAL INC	COM	718172109	40	870	SH	DEFINED	1
PHILIP MORRIS INTERNATIONAL INC	COM	718172109	1979	43169	SH	OTHER	1
			0	0		OTHER	1
POWERSHARES	MUT	73935A104	1175	27500	SH	OTHER	1
			0	0		OTHER	1
PROCTER & GAMBLE CO	COM	742718109	4627	77147	SH	DEFINED	1
			0	0		DEFINED	1
PROCTER & GAMBLE CO	COM	742718109	740	12338	SH	OTHER	1
			0	0		OTHER	1
SCHLUMBERGER LTD	COM	806857108	362	6549	SH	DEFINED	1
			0	0		DEFINED	1
SCHLUMBERGER LTD	COM	806857108	22	400	SH	OTHER	1
			0	0		OTHER	1
SOUTHERN CO	COM	842587107	1257	37758	SH	DEFINED	1
			0	0		DEFINED	1
SOUTHERN CO	COM	842587107	247	7408	SH	OTHER	1
			0	0		OTHER	1
STATE STREET CORP	COM	857477103	324	9575	SH	DEFINED	1
STATE STREET CORP	COM	857477103	27	800	SH	OTHER	1
			0	0		OTHER	1
TARGET CORP	COM	87612E106	670	13617	SH	DEFINED	1
			0	0		DEFINED	1
TARGET CORP	COM	87612E106	111	2250	SH	OTHER	1
			0	0		OTHER	1
TEXAS INSTRUMENTS INC	COM	882508104	327	14050	SH	DEFINED	1
TEXAS INSTRUMENTS INC	COM	882508104	12	500	SH	OTHER	1

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NAME OF ISSUER	TITLE OF CLASS	CUSIP	VALUE (x\$1000)	SHRS OR PRN AMT	SH/ PUT/ PRN CALL	INVESTMENT DISCRETION
3M CO	COM	88579Y101	1426	18050	SH	DEFINED
3M CO	COM	88579Y101	379	4800	SH	OTHER
			0	0		OTHER
TRUSTCO BANK CORP NY	COM	898349105	2224	397155	SH	DEFINED
			0	0		DEFINED
TRUSTCO BANK CORP NY	COM	898349105	1665	297381	SH	OTHER
UNITED PARCEL SERVICE	COM	911312106	389	6832	SH	DEFINED
UNITED PARCEL SERVICE	COM	911312106	57	1000	SH	OTHER
			0	0		OTHER
UNITED TECHNOLOGIES CORP	COM	913017109	2585	39822	SH	DEFINED
			0	0		DEFINED
UNITED TECHNOLOGIES CORP	COM	913017109	211	3250	SH	OTHER
			0	0		OTHER
VERIZON COMMUNICATIONS INC	COM	92343V104	1043	37206	SH	DEFINED
VERIZON COMMUNICATIONS INC	COM	92343V104	277	9872	SH	OTHER
			0	0		OTHER
WAL-MART STORES INC	COM	931142103	1428	29699	SH	DEFINED
			0	0		DEFINED
WAL-MART STORES INC	COM	931142103	172	3575	SH	OTHER
			0	0		OTHER
WELLS FARGO & CO NEW	COM	949746101	1433	55968	SH	DEFINED
WELLS FARGO & CO NEW	COM	949746101	234	9123	SH	OTHER
			0	0		OTHER
NOBLE CORPORATION	FOR	H5833N103	782	25298	SH	DEFINED
NOBLE CORPORATION	FOR	H5833N103	90	2900	SH	OTHER
			0	0		OTHER