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TRUSTCO BANK CORP N Y
Form 13F-HR
January 22, 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: 12/31/2009
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
Address: 3 SARNOWSKI DRIVE
GLENVILLE, NY 12302

Form 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.

Persons Signing this Report on Behalf of Reporting Manager:

Name: RICHARD W PROVOST
Title: TRUST OFFICER
Phone: 518-381-3644

Signature, Place, and Date of Signing:

/s/ RICHARD W PROVOST GLENVILLE, NY 1/15/2010

[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: 0
 Form 13F Information Table Entry Total: 173
 Form 13F Information Table Value Total: \$ 118,602.00

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.
 NONE

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	SHRS OR PRN AMT	SH/ PRN	PUT/ CALL INVESTMENT DISCRETION
AT&T INC	COM	00206R102	1323	47210	SH	SOLE
AT&T INC	COM	00206R102	8	300	SH	DEFINED
AT&T INC	COM	00206R102	711	25372	SH	OTHER
			0	0		OTHER
			0	0		OTHER
ABBOTT LABORATORIES	COM	2824100	2805	51950	SH	SOLE
			0	0		SOLE
ABBOTT LABORATORIES	COM	2824100	86	1600	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED
ABBOTT LABORATORIES	COM	2824100	466	8626	SH	OTHER
			0	0		OTHER
			0	0		OTHER
AIR PRODUCTS & CHEMICALS INC	COM	9158106	486	6000	SH	SOLE
ALTRIA GROUP INC	COM	02209S103	19	993	SH	SOLE
ALTRIA GROUP INC	COM	02209S103	850	43300	SH	OTHER
			0	0		OTHER
AMERICAN EXPRESS CO	COM	25816109	313	7734	SH	OTHER
			0	0		OTHER
APPLIED MATERIALS INC	COM	38222105	786	56400	SH	SOLE
			0	0		SOLE
APPLIED MATERIALS INC	COM	38222105	4	300	SH	DEFINED
APPLIED MATERIALS INC	COM	38222105	38	2700	SH	OTHER
AUTOMATIC DATA PROCESSING INC	COM	53015103	660	15423	SH	SOLE
			0	0		SOLE
AUTOMATIC DATA PROCESSING INC	COM	53015103	38	890	SH	OTHER
			0	0		OTHER

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BP PLC	FOR	55622104	1708	29463	SH	SOLE
			0	0		SOLE
BP PLC	FOR	55622104	203	3500	SH	DEFINED
			0	0		DEFINED
BP PLC	FOR	55622104	377	6504	SH	OTHER
			0	0		OTHER
			0	0		OTHER
BANK OF AMERICA CORP	COM	60505104	173	11455	SH	SOLE
BANK OF AMERICA CORP	COM	60505104	3	200	SH	DEFINED
BANK OF AMERICA CORP	COM	60505104	38	2554	SH	OTHER
			0	0		OTHER
THE BANK OF NEW YORK COMPANY I	NC COM	64058100	256	9170	SH	SOLE
THE BANK OF NEW YORK COMPANY I	NC COM	64058100	19	696	SH	OTHER
BRISTOL-MYERS SQUIBB CO	COM	110122108	71	2800	SH	SOLE
BRISTOL-MYERS SQUIBB CO	COM	110122108	91	3600	SH	DEFINED
BRISTOL-MYERS SQUIBB CO	COM	110122108	298	11800	SH	OTHER
			0	0		OTHER
CATERPILLAR INC	COM	149123101	163	2860	SH	SOLE
CATERPILLAR INC	COM	149123101	125	2200	SH	OTHER
CHEVRON CORP NEW	COM	166764100	3140	40781	SH	SOLE
			0	0		SOLE
CHEVRON CORP NEW	COM	166764100	115	1500	SH	DEFINED
			0	0		DEFINED
CHEVRON CORP NEW	COM	166764100	1145	14871	SH	OTHER
			0	0		OTHER
			0	0		OTHER
CISCO SYSTEMS INC	COM	17275R102	1174	49024	SH	SOLE
CISCO SYSTEMS INC	COM	17275R102	20	850	SH	DEFINED
			0	0		DEFINED
CISCO SYSTEMS INC	COM	17275R102	53	2200	SH	OTHER
			0	0		OTHER
			0	0		OTHER
COCA COLA CO	COM	191216100	3016	52917	SH	SOLE

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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	SHRS OR PRN AMT	SH/ PRN	PUT/ CALL
						INVESTMENT DISCRETION
			0	0		SOLE
COCA COLA CO	COM	191216100	120	2100	SH	DEFINED
			0	0		DEFINED
COCA COLA CO	COM	191216100	747	13100	SH	OTHER
			0	0		OTHER
COLGATE PALMOLIVE CO	COM	194162103	2068	25177	SH	SOLE
COLGATE PALMOLIVE CO	COM	194162103	107	1300	SH	DEFINED
			0	0		DEFINED
COLGATE PALMOLIVE CO	COM	194162103	337	4100	SH	OTHER
			0	0		OTHER
			0	0		OTHER
DISNEY WALT CO	COM	254687106	1484	46011	SH	SOLE
			0	0		SOLE
DISNEY WALT CO	COM	254687106	32	1000	SH	DEFINED
			0	0		DEFINED

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DISNEY WALT CO	COM	254687106	237	7350	SH	OTHER
			0	0		OTHER
			0	0		OTHER
DOMINION RESOURCES INC VA NEW	COM	25746U109	15	386	SH	SOLE
DOMINION RESOURCES INC VA NEW	COM	25746U109	250	6418	SH	OTHER
DOW CHEMICAL CO	COM	260543103	411	14874	SH	SOLE
DOW CHEMICAL CO	COM	260543103	50	1800	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED
DOW CHEMICAL CO	COM	260543103	100	3625	SH	OTHER
			0	0		OTHER
ECOLAB INC	COM	278865100	1090	24441	SH	SOLE
			0	0		SOLE
ECOLAB INC	COM	278865100	13	300	SH	DEFINED
ECOLAB INC	COM	278865100	13	300	SH	OTHER
EMERSON ELECTRIC CO	COM	291011104	241	5664	SH	SOLE
			0	0		SOLE
EMERSON ELECTRIC CO	COM	291011104	119	2800	SH	OTHER
			0	0		OTHER
EXELON CORP	COM	30161N101	1128	23074	SH	SOLE
EXELON CORP	COM	30161N101	71	1450	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED
EXELON CORP	COM	30161N101	158	3240	SH	OTHER
			0	0		OTHER
EXXON MOBIL CORP	COM	30231G102	5818	85323	SH	SOLE
			0	0		SOLE
EXXON MOBIL CORP	COM	30231G102	1077	15798	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED
EXXON MOBIL CORP	COM	30231G102	2212	32435	SH	OTHER
			0	0		OTHER
			0	0		OTHER
FORTUNE BRANDS INC	COM	349631101	121	2798	SH	SOLE
			0	0		SOLE
FORTUNE BRANDS INC	COM	349631101	9	200	SH	DEFINED
FORTUNE BRANDS INC	COM	349631101	130	3000	SH	OTHER
			0	0		OTHER
			0	0		OTHER
GENERAL ELECTRIC CO	COM	369604103	8359	552505	SH	SOLE
			0	0		SOLE
GENERAL ELECTRIC CO	COM	369604103	667	44089	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED
GENERAL ELECTRIC CO	COM	369604103	4374	289115	SH	OTHER

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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	SHRS OR PRN AMT	SH/ PUT/ PRN CALL	INVESTMENT DISCRETION MA
				0	0	OTHER
				0	0	OTHER
GENERAL MILLS INC	COM	370334104	828	11695	SH	SOLE

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			0	0	SOLE
GENERAL MILLS INC	COM	370334104	96	1350 SH	DEFINED
			0	0	DEFINED
			0	0	DEFINED
GENERAL MILLS INC	COM	370334104	343	4850 SH	OTHER
			0	0	OTHER
GLAXOSMITHKLINE PLC	FOR	37733W105	367	8684 SH	SOLE
GLAXOSMITHKLINE PLC	FOR	37733W105	51	1200 SH	DEFINED
			0	0	DEFINED
GLAXOSMITHKLINE PLC	FOR	37733W105	182	4314 SH	OTHER
			0	0	OTHER
			0	0	OTHER
GOLDMAN SACHS GROUP INC	COM	38141G104	246	1457 SH	SOLE
HEWLETT PACKARD CO	COM	428236103	441	8561 SH	SOLE
HEWLETT PACKARD CO	COM	428236103	41	800 SH	DEFINED
HEWLETT PACKARD CO	COM	428236103	139	2704 SH	OTHER
			0	0	OTHER
HOME DEPOT INC	COM	437076102	342	11830 SH	SOLE
			0	0	SOLE
HOME DEPOT INC	COM	437076102	23	800 SH	DEFINED
			0	0	DEFINED
			0	0	DEFINED
HOME DEPOT INC	COM	437076102	98	3389 SH	OTHER
			0	0	OTHER
			0	0	OTHER
INTEL CORP	COM	458140100	2043	100164 SH	SOLE
			0	0	SOLE
INTEL CORP	COM	458140100	84	4118 SH	DEFINED
			0	0	DEFINED
INTEL CORP	COM	458140100	153	7500 SH	OTHER
			0	0	OTHER
			0	0	OTHER
INTERNATIONAL BUSINESS MACHINE	S COM	459200101	1509	11528 SH	SOLE
INTERNATIONAL BUSINESS MACHINE	S COM	459200101	151	1150 SH	DEFINED
			0	0	DEFINED
INTERNATIONAL BUSINESS MACHINE	S COM	459200101	628	4800 SH	OTHER
			0	0	OTHER
			0	0	OTHER
JPMORGAN CHASE & CO	COM	46625H100	1643	39428 SH	SOLE
			0	0	SOLE
JPMORGAN CHASE & CO	COM	46625H100	85	2028 SH	DEFINED
			0	0	DEFINED
			0	0	DEFINED
JPMORGAN CHASE & CO	COM	46625H100	533	12797 SH	OTHER
			0	0	OTHER
JACOBS ENGINEERING GROUP INC	COM	469814107	252	6699 SH	SOLE
JACOBS ENGINEERING GROUP INC	COM	469814107	4	100 SH	DEFINED
JACOBS ENGINEERING GROUP INC	COM	469814107	17	450 SH	OTHER
JOHNSON & JOHNSON	COM	478160104	5605	87018 SH	SOLE
JOHNSON & JOHNSON	COM	478160104	262	4070 SH	DEFINED
			0	0	DEFINED
JOHNSON & JOHNSON	COM	478160104	655	10175 SH	OTHER
			0	0	OTHER
			0	0	OTHER
JOHNSON CONTROLS INC	COM	478366107	270	9900 SH	SOLE
JOHNSON CONTROLS INC	COM	478366107	94	3450 SH	OTHER
			0	0	OTHER

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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	SHRS OR PRN AMT	SH/ PUT/ CALL	INVESTMENT DISCRETION	OTHER
			0	0		OTHER	
KRAFT FOODS INC	COM	50075N104	54	1996	SH	SOLE	
KRAFT FOODS INC	COM	50075N104	877	32264	SH	OTHER	
			0	0		OTHER	
ELI LILLY & CO	COM	532457108	491	13739	SH	SOLE	
ELI LILLY & CO	COM	532457108	32	900	SH	DEFINED	
ELI LILLY & CO	COM	532457108	21	600	SH	OTHER	
			0	0		OTHER	
LOWES COMPANIES INC	COM	548661107	474	20268	SH	SOLE	
LOWES COMPANIES INC	COM	548661107	28	1200	SH	OTHER	
			0	0		OTHER	
MASCO CORP	COM	574599106	160	11600	SH	SOLE	
MASCO CORP	COM	574599106	14	1000	SH	DEFINED	
MASCO CORP	COM	574599106	12	900	SH	OTHER	
			0	0		OTHER	
MCGRAW HILL COS INC	COM	580645109	276	8234	SH	SOLE	
MCGRAW HILL COS INC	COM	580645109	27	800	SH	OTHER	
			0	0		OTHER	
MEDTRONIC INC	COM	585055106	2323	52811	SH	SOLE	
			0	0		SOLE	
MEDTRONIC INC	COM	585055106	40	900	SH	DEFINED	
			0	0		DEFINED	
MEDTRONIC INC	COM	585055106	53	1200	SH	OTHER	
			0	0		OTHER	
			0	0		OTHER	
MERCK & CO INC	COM	58933Y105	179	4900	SH	SOLE	
MERCK & CO INC	COM	58933Y105	91	2479	SH	DEFINED	
MERCK & CO INC	COM	58933Y105	59	1626	SH	OTHER	
			0	0		OTHER	
MICROSOFT CORP	COM	594918104	4292	140816	SH	SOLE	
			0	0		SOLE	
MICROSOFT CORP	COM	594918104	61	2000	SH	DEFINED	
			0	0		DEFINED	
MICROSOFT CORP	COM	594918104	555	18221	SH	OTHER	
			0	0		OTHER	
			0	0		OTHER	
NBT BANCORP INC	COM	628778102	14	672	SH	SOLE	
NBT BANCORP INC	COM	628778102	478	23486	SH	DEFINED	
NIKE INC	COM	654106103	687	10399	SH	SOLE	
NIKE INC	COM	654106103	46	700	SH	DEFINED	
			0	0		DEFINED	
NIKE INC	COM	654106103	20	300	SH	OTHER	
NUVEEN QUALITY PREFERRED INCOME	MUT	67072C105	87	12000	SH	OTHER	
ORACLE CORP	COM	68389X105	283	11550	SH	SOLE	
ORACLE CORP	COM	68389X105	2	100	SH	DEFINED	
ORACLE CORP	COM	68389X105	10	400	SH	OTHER	
PEPSICO INC	COM	713448108	3071	50503	SH	SOLE	
			0	0		SOLE	
PEPSICO INC	COM	713448108	82	1350	SH	DEFINED	
			0	0		DEFINED	
PEPSICO INC	COM	713448108	374	6150	SH	OTHER	
			0	0		OTHER	
			0	0		OTHER	

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PFIZER INC	COM	717081103	644	35395	SH	SOLE
			0	0		SOLE
PFIZER INC	COM	717081103	13	700	SH	DEFINED
			0	0		DEFINED
PFIZER INC	COM	717081103	176	9698	SH	OTHER
			0	0		OTHER
PHILIP MORRIS INTERNATIONAL IN	C COM	718172109	48	987	SH	SOLE

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	SHRS OR PRN AMT	SH/ PRN	PUT/ CALL
						INVESTMENT DISCRETION
PHILIP MORRIS INTERNATIONAL IN	C COM	718172109	2087	43300	SH	OTHER
			0	0		OTHER
POWERSHARES	MUT	73935A104	1258	27500	SH	OTHER
			0	0		OTHER
PROCTER & GAMBLE CO	COM	742718109	5204	85827	SH	SOLE
			0	0		SOLE
PROCTER & GAMBLE CO	COM	742718109	72	1190	SH	DEFINED
			0	0		DEFINED
PROCTER & GAMBLE CO	COM	742718109	776	12806	SH	OTHER
			0	0		OTHER
			0	0		OTHER
SCHLUMBERGER LTD	COM	806857108	432	6636	SH	SOLE
			0	0		SOLE
SCHLUMBERGER LTD	COM	806857108	13	200	SH	DEFINED
SCHLUMBERGER LTD	COM	806857108	7	100	SH	OTHER
SOUTHERN CO	COM	842587107	1308	39266	SH	SOLE
			0	0		SOLE
SOUTHERN CO	COM	842587107	47	1400	SH	DEFINED
SOUTHERN CO	COM	842587107	260	7800	SH	OTHER
			0	0		OTHER
			0	0		OTHER
TARGET CORP	COM	87612E106	640	13232	SH	SOLE
			0	0		SOLE
TARGET CORP	COM	87612E106	44	900	SH	DEFINED
			0	0		DEFINED
TARGET CORP	COM	87612E106	68	1400	SH	OTHER
			0	0		OTHER
TEXAS INSTRUMENTS INC	COM	882508104	382	14650	SH	SOLE
TEXAS INSTRUMENTS INC	COM	882508104	13	500	SH	DEFINED
TEXAS INSTRUMENTS INC	COM	882508104	5	200	SH	OTHER
3M CO	COM	88579Y101	1517	18350	SH	SOLE
3M CO	COM	88579Y101	50	600	SH	DEFINED
			0	0		DEFINED
3M CO	COM	88579Y101	408	4930	SH	OTHER
			0	0		OTHER
TRUSTCO BANK CORP NY	COM	898349105	2816	446973	SH	SOLE
			0	0		SOLE
			0	0		SOLE
TRUSTCO BANK CORP NY	COM	898349105	18	2797	SH	DEFINED
TRUSTCO BANK CORP NY	COM	898349105	4099	650689	SH	OTHER
UNITED PARCEL SERVICE	COM	911312106	368	6407	SH	SOLE

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UNITED PARCEL SERVICE	COM	911312106	46	800	SH	DEFINED
			0	0		DEFINED
UNITED PARCEL SERVICE	COM	911312106	23	400	SH	OTHER
			0	0		OTHER
			0	0		OTHER
UNITED TECHNOLOGIES CORP	COM	913017109	3158	45494	SH	SOLE
			0	0		SOLE
UNITED TECHNOLOGIES CORP	COM	913017109	49	700	SH	DEFINED
			0	0		DEFINED
UNITED TECHNOLOGIES CORP	COM	913017109	234	3375	SH	OTHER
			0	0		OTHER
			0	0		OTHER
VERIZON COMMUNICATIONS INC	COM	92343V104	1603	48385	SH	SOLE
VERIZON COMMUNICATIONS INC	COM	92343V104	80	2400	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED
VERIZON COMMUNICATIONS INC	COM	92343V104	293	8848	SH	OTHER
			0	0		OTHER
			0	0		OTHER

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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	SHRS OR PRN AMT	SH/ PUT/ CALL	INVESTMENT DISCRETION MA
WAL-MART STORES INC	COM	931142103	1959	36656	SH	SOLE
			0	0		SOLE
WAL-MART STORES INC	COM	931142103	3	50	SH	DEFINED
WAL-MART STORES INC	COM	931142103	211	3950	SH	OTHER
			0	0		OTHER
			0	0		OTHER
WELLS FARGO & CO NEW	COM	949746101	1451	53746	SH	SOLE
WELLS FARGO & CO NEW	COM	949746101	81	3000	SH	DEFINED
			0	0		DEFINED
WELLS FARGO & CO NEW	COM	949746101	140	5200	SH	OTHER
			0	0		OTHER
			0	0		OTHER
NOBLE CORPORATION	FOR	H5833N103	1591	39098	SH	SOLE
NOBLE CORPORATION	FOR	H5833N103	41	1000	SH	DEFINED
NOBLE CORPORATION	FOR	H5833N103	69	1700	SH	OTHER
			0	0		OTHER
			0	0		OTHER