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TRUSTCO BANK CORP N Y  
Form 13F-HR  
July 21, 2011

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

Form 13F  
Form 13F COVER PAGE

Report for the Calendar Year or Quarter Ended: 6/30/2011  
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:

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	7/20/2011
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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: 221  
 Form 13F Information Table Value Total: \$ 103,044  
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 (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
7000	028-10307	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	1455	46309	SH	DEFINED
AT&T INC	COM	00206R102	573	18240	SH	OTHER
ABBOTT LABORATORIES	COM	002824100	2511	47726	SH	DEFINED
ABBOTT LABORATORIES	COM	002824100	365	6945	SH	OTHER
AIR PRODUCTS & CHEMICALS INC	COM	009158106	459	4800	SH	DEFINED
ALLSTATE CORP	COM	020002101	182	5950	SH	DEFINED
ALLSTATE CORP	COM	020002101	37	1200	SH	OTHER
AMERICAN EXPRESS CO	COM	025816109	388	7500	SH	DEFINED
AMERICAN EXPRESS CO	COM	025816109	78	1500	SH	OTHER
APPLIED MATERIALS INC	COM	038222105	928	71300	SH	DEFINED
APPLIED MATERIALS INC	COM	038222105	36	2800	SH	OTHER
AUTOMATIC DATA PROCESSING INC	COM	053015103	491	9323	SH	DEFINED
AUTOMATIC DATA PROCESSING INC	COM	053015103	16	300	SH	OTHER
BANK OF AMERICA CORP	COM	060505104	406	37000	SH	DEFINED
BANK OF AMERICA CORP	COM	060505104	62	5618	SH	OTHER

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BHP BILLITON LTD	FOR	088606108	613	6475 SH	DEFINED	70
BHP BILLITON LTD	FOR	088606108	19	200 SH	OTHER	70
BRISTOL-MYERS SQUIBB CO	COM	110122108	187	6450 SH	DEFINED	70
BRISTOL-MYERS SQUIBB CO	COM	110122108	446	15386 SH	OTHER	70
					OTHER	70
CATERPILLAR INC	COM	149123101	256	2400 SH	DEFINED	70
CATERPILLAR INC	COM	149123101	88	830 SH	OTHER	70
CHEVRON CORP NEW	COM	166764100	2766	26900 SH	DEFINED	70
					DEFINED	70
CHEVRON CORP NEW	COM	166764100	568	5526 SH	OTHER	70
					OTHER	70
CISCO SYSTEMS INC	COM	17275R102	666	42638 SH	DEFINED	70
					DEFINED	70
CISCO SYSTEMS INC	COM	17275R102	34	2150 SH	OTHER	70
					OTHER	70
CITIGROUP INC	COM	172967424	191	4580 SH	DEFINED	70
CITIGROUP INC	COM	172967424	23	563 SH	OTHER	70
					OTHER	70
COCA COLA CO	COM	191216100	3209	47692 SH	DEFINED	70
					DEFINED	70
COCA COLA CO	COM	191216100	760	11300 SH	OTHER	70
					OTHER	70
COLGATE PALMOLIVE CO	COM	194162103	1402	16036 SH	DEFINED	70
COLGATE PALMOLIVE CO	COM	194162103	420	4800 SH	OTHER	70
					OTHER	70
DISNEY WALT CO	COM	254687106	1471	37671 SH	DEFINED	70
					DEFINED	70
DISNEY WALT CO	COM	254687106	332	8500 SH	OTHER	70
					OTHER	70
DOW CHEMICAL CO	COM	260543103	411	11424 SH	DEFINED	70
DOW CHEMICAL CO	COM	260543103	125	3471 SH	OTHER	70
					OTHER	70
DU PONT E I DE NEMOURS & CO	COM	263534109	357	6600 SH	DEFINED	70
					DEFINED	70
DU PONT E I DE NEMOURS & CO	COM	263534109	86	1586 SH	OTHER	70
					OTHER	70
ECOLAB INC	COM	278865100	814	14433 SH	DEFINED	70

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ECOLAB INC	COM	278865100	28	500 SH		OTHER
EMERSON ELECTRIC CO	COM	291011104	298	5300 SH		DEFINED
						DEFINED
EMERSON ELECTRIC CO	COM	291011104	85	1513 SH		OTHER
						OTHER
EXELON CORP	COM	30161N101	740	17274 SH		DEFINED
EXELON CORP	COM	30161N101	135	3150 SH		OTHER
						OTHER
EXXON MOBIL CORP	COM	30231G102	5627	69145 SH		DEFINED
						DEFINED
						DEFINED

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EXXON MOBIL CORP	COM	30231G102	2512	30872 SH	OTHER	70
					OTHER	70
GENERAL ELECTRIC CO	COM	369604103	8856	469562 SH	DEFINED	70
					DEFINED	70
					DEFINED	70
GENERAL ELECTRIC CO	COM	369604103	4443	235555 SH	OTHER	70
					OTHER	70
					OTHER	70
GENERAL MILLS INC	COM	370334104	984	26448 SH	DEFINED	70
					DEFINED	70
GENERAL MILLS INC	COM	370334104	387	10400 SH	OTHER	70
					OTHER	70
GLAXOSMITHKLINE PLC	FOR	37733W105	318	7408 SH	DEFINED	70
GLAXOSMITHKLINE PLC	FOR	37733W105	215	5006 SH	OTHER	70
					OTHER	70
HEWLETT PACKARD CO	COM	428236103	502	13803 SH	DEFINED	70
HEWLETT PACKARD CO	COM	428236103	142	3900 SH	OTHER	70
					OTHER	70
HOME DEPOT INC	COM	437076102	368	10155 SH	DEFINED	70
					DEFINED	70
					DEFINED	70
HOME DEPOT INC	COM	437076102	64	1764 SH	OTHER	70
					OTHER	70
ITT CORP	COM	450911102	221	3749 SH	DEFINED	70
ITT CORP	COM	450911102	41	700 SH	OTHER	70
					OTHER	70
INTEL CORP	COM	458140100	1830	82572 SH	DEFINED	70
					DEFINED	70
					DEFINED	70
INTEL CORP	COM	458140100	230	10368 SH	OTHER	70
					OTHER	70
IBM CORP	COM	459200101	1840	10725 SH	DEFINED	70
IBM CORP	COM	459200101	918	5350 SH	OTHER	70
					OTHER	70
ISHARES	MUT	464287465	371	6166 SH	DEFINED	70
JPMORGAN CHASE & CO	COM	46625H100	1628	39757 SH	DEFINED	70
					DEFINED	70
					DEFINED	70
JPMORGAN CHASE & CO	COM	46625H100	317	7752 SH	OTHER	70
					OTHER	70
JACOBS ENGINEERING GROUP INC	COM	469814107	333	7699 SH	DEFINED	70
JACOBS ENGINEERING GROUP INC	COM	469814107	19	450 SH	OTHER	70
					OTHER	70
JOHNSON & JOHNSON	COM	478160104	4693	70546 SH	DEFINED	70
					DEFINED	70
JOHNSON & JOHNSON	COM	478160104	792	11911 SH	OTHER	70
					OTHER	70
					OTHER	70
JOHNSON CONTROLS INC	COM	478366107	635	15250 SH	DEFINED	70
JOHNSON CONTROLS INC	COM	478366107	92	2200 SH	OTHER	70

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						OTHER	70
KRAFT FOODS INC	COM	50075N104	125	3552 SH		DEFINED	70
KRAFT FOODS INC	COM	50075N104	148	4212 SH		OTHER	70
						OTHER	70
ELI LILLY & CO	COM	532457108	165	4399 SH		DEFINED	70
ELI LILLY & CO	COM	532457108	58	1556 SH		OTHER	70
						OTHER	70
LOWES COMPANIES INC	COM	548661107	432	18534 SH		DEFINED	70
LOWES COMPANIES INC	COM	548661107	13	550 SH		OTHER	70
						OTHER	70
MASCO CORP	COM	574599106	158	13125 SH		DEFINED	70
MASCO CORP	COM	574599106	25	2100 SH		OTHER	70
MCDONALDS CORP	COM	580135101	17	200 SH		DEFINED	70
MCDONALDS CORP	COM	580135101	205	2435 SH		OTHER	70
MCGRAW HILL COS INC	COM	580645109	664	15842 SH		DEFINED	70
MCGRAW HILL COS INC	COM	580645109	29	700 SH		OTHER	70
						OTHER	70
MEDTRONIC INC	COM	585055106	1938	50292 SH		DEFINED	70
						DEFINED	70
MEDTRONIC INC	COM	585055106	73	1904 SH		OTHER	70
						OTHER	70
MERCK & CO INC	COM	58933Y105	124	3520 SH		DEFINED	70
MERCK & CO INC	COM	58933Y105	147	4165 SH		OTHER	70
						OTHER	70
MICROSOFT CORP	COM	594918104	2876	110618 SH		DEFINED	70
						DEFINED	70
MICROSOFT CORP	COM	594918104	210	8063 SH		OTHER	70
						OTHER	70
NBT BANCORP INC	COM	628778102	520	23486 SH		OTHER	70
NIKE INC	COM	654106103	1021	11349 SH		DEFINED	70
NIKE INC	COM	654106103	90	1000 SH		OTHER	70
						OTHER	70
NOKIA CORP	FOR	654902204	124	19350 SH		DEFINED	70
NORFOLK SOUTHERN CORP	COM	655844108	105	1400 SH		DEFINED	70
NORFOLK SOUTHERN CORP	COM	655844108	135	1800 SH		OTHER	70
ORACLE CORP	COM	68389X105	634	19275 SH		DEFINED	70
ORACLE CORP	COM	68389X105	15	452 SH		OTHER	70
PEPSICO INC	COM	713448108	2604	36977 SH		DEFINED	70
						DEFINED	70
PEPSICO INC	COM	713448108	461	6550 SH		OTHER	70
						OTHER	70
PFIZER INC	COM	717081103	565	27412 SH		DEFINED	70
PFIZER INC	COM	717081103	242	11767 SH		OTHER	70
						OTHER	70
PHILIP MORRIS INTERNATIONAL INC	COM	718172109	58	870 SH		DEFINED	70
PHILIP MORRIS INTERNATIONAL INC	COM	718172109	358	5369 SH		OTHER	70
						OTHER	70
PROCTER & GAMBLE CO	COM	742718109	3580	56313 SH		DEFINED	70
						DEFINED	70
						DEFINED	70
PROCTER & GAMBLE CO	COM	742718109	714	11237 SH		OTHER	70
						OTHER	70
SCHLUMBERGER LTD	COM	806857108	557	6449 SH		DEFINED	70
						DEFINED	70
SCHLUMBERGER LTD	COM	806857108	26	300 SH		OTHER	70
						OTHER	70
SOUTHERN CO	COM	842587107	1529	37858 SH		DEFINED	70
						DEFINED	70
SOUTHERN CO	COM	842587107	251	6208 SH		OTHER	70
						OTHER	70

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NAME OF ISSUER	TITLE OF CLASS	CUSIP	VALUE (x\$1000)	SHRS OR PRN AMT	SH/ PUT/ PRN CALL	INVESTMENT DISCRETION
STATE STREET CORP	COM	857477103	707	15675	SH	DEFINED
STATE STREET CORP	COM	857477103	41	900	SH	OTHER
TARGET CORP	COM	87612E106	704	15009	SH	DEFINED
TARGET CORP	COM	87612E106	77	1650	SH	OTHER
TEXAS INSTRUMENTS INC	COM	882508104	490	14925	SH	DEFINED
TEXAS INSTRUMENTS INC	COM	882508104	16	500	SH	OTHER
3M CO	COM	88579Y101	1612	17000	SH	DEFINED
3M CO	COM	88579Y101	465	4900	SH	OTHER
TRUSTCO BANK CORP NY	COM	898349105	1864	380468	SH	DEFINED
TRUSTCO BANK CORP NY	COM	898349105	1362	278037	SH	OTHER
UNITED PARCEL SERVICE	COM	911312106	566	7765	SH	DEFINED
UNITED PARCEL SERVICE	COM	911312106	66	900	SH	OTHER
UNITED TECHNOLOGIES CORP	COM	913017109	3350	37847	SH	DEFINED
UNITED TECHNOLOGIES CORP	COM	913017109	252	2850	SH	OTHER
VANGUARD	MUT	922042858	2359	48510	SH	DEFINED
VANGUARD	MUT	922042858	88	1820	SH	OTHER
VERIZON COMMUNICATIONS INC	COM	92343V104	1320	35456	SH	DEFINED
VERIZON COMMUNICATIONS INC	COM	92343V104	337	9046	SH	OTHER
WAL-MART STORES INC	COM	931142103	1579	29716	SH	DEFINED
WAL-MART STORES INC	COM	931142103	163	3075	SH	OTHER
WELLS FARGO & CO NEW	COM	949746101	1521	54200	SH	DEFINED
WELLS FARGO & CO NEW	COM	949746101	214	7623	SH	OTHER
			0	0		OTHER