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TRUSTCO BANK CORP N Y
Form 13F-HR
April 12, 2013

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

Form 13F
Form 13F COVER PAGE

Report for the Calendar Year or Quarter Ended: 3/31/2013
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 submission.

Persons Signing this Report on Behalf of Reporting Manager:

Name: RICHARD W. PROVOST
Title: ASSISTANT VICE PRESIDENT
Phone: 518-381-3643

Signature, Place, and Date of Signing:

/s/ RICHARD W. PROVOST	GLENVILLE, NY	4/12/2013
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[Signature]	[City, State]	[Date]

Report Type (Check only one):

- [X] 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: 197
 Form 13F Information Table Value Total: \$ 103,951

 (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	1590	43341	SH	DEFINED
AT&T INC	COM	00206R102	520	14161	SH	OTHER
ABBOTT LABORATORIES	COM	002824100	1491	42218	SH	DEFINED
ABBOTT LABORATORIES	COM	002824100	238	6745	SH	OTHER
ABBVIE INC	COM	00287Y109	1389	34068	SH	DEFINED
ABBVIE INC	COM	00287Y109	279	6845	SH	OTHER
AIR PRODUCTS & CHEMICALS INC	COM	009158106	401	4600	SH	DEFINED
ALCOA INC	COM	013817101	146	17100	SH	DEFINED
ALCOA INC	COM	013817101	22	2600	SH	OTHER
AMERICAN EXPRESS CO	COM	025816109	725	10750	SH	DEFINED
AMERICAN EXPRESS CO	COM	025816109	101	1500	SH	OTHER
ANNALY CAPITAL MANAGEMENT INC	COM	035710409	216	13610	SH	DEFINED
ANNALY CAPITAL MANAGEMENT INC	COM	035710409	40	2500	SH	OTHER
APPLE INC	COM	037833100	301	680	SH	DEFINED
APPLE INC	COM	037833100	55	125	SH	OTHER
APPLIED MATERIALS INC	COM	038222105	909	67400	SH	DEFINED
						DEFINED

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APPLIED MATERIALS INC	COM	038222105	30	2200 SH	OTHER	70
AUTOMATIC DATA PROCESSING INC	COM	053015103	499	7673 SH	DEFINED	70
					DEFINED	70
AUTOMATIC DATA PROCESSING INC	COM	053015103	20	300 SH	OTHER	70
BAKER HUGHES INC	COM	057224107	207	4450 SH	DEFINED	70
BHP BILLITON LTD	FOR	088606108	400	5850 SH	DEFINED	70
BHP BILLITON LTD	FOR	088606108	75	1100 SH	OTHER	70
					OTHER	70
BRISTOL-MYERS SQUIBB CO	COM	110122108	676	16400 SH	DEFINED	70
					DEFINED	70
BRISTOL-MYERS SQUIBB CO	COM	110122108	250	6072 SH	OTHER	70
CATERPILLAR INC	COM	149123101	175	2013 SH	DEFINED	70
CATERPILLAR INC	COM	149123101	72	830 SH	OTHER	70
CHEVRON CORP NEW	COM	166764100	2782	23410 SH	DEFINED	70
CHEVRON CORP NEW	COM	166764100	619	5209 SH	OTHER	70
					OTHER	70
CISCO SYSTEMS INC	COM	17275R102	911	43575 SH	DEFINED	70
CISCO SYSTEMS INC	COM	17275R102	74	3550 SH	OTHER	70
					OTHER	70
COCA COLA CO	COM	191216100	4025	99539 SH	DEFINED	70
					DEFINED	70
COCA COLA CO	COM	191216100	558	13800 SH	OTHER	70
					OTHER	70
COLGATE PALMOLIVE CO	COM	194162103	1378	11677 SH	DEFINED	70
COLGATE PALMOLIVE CO	COM	194162103	519	4399 SH	OTHER	70
					OTHER	70
DISNEY WALT CO	COM	254687106	2158	37996 SH	DEFINED	70
					DEFINED	70
DISNEY WALT CO	COM	254687106	261	4600 SH	OTHER	70
					OTHER	70
DOW CHEMICAL CO	COM	260543103	369	11599 SH	DEFINED	70
DOW CHEMICAL CO	COM	260543103	134	4201 SH	OTHER	70
					OTHER	70
DU PONT E I DE NEMOURS & CO	COM	263534109	632	12850 SH	DEFINED	70
					DEFINED	70
DU PONT E I DE NEMOURS & CO	COM	263534109	117	2386 SH	OTHER	70
					OTHER	70

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						INVESTMENT DISCRETION
ECOLAB INC	COM	278865100	458	5717 SH		DEFINED
ECOLAB INC	COM	278865100	24	300 SH		OTHER
EMERSON ELECTRIC CO	COM	291011104	232	4150 SH		DEFINED
EMERSON ELECTRIC CO	COM	291011104	79	1413 SH		OTHER
						OTHER
EXELON CORP	COM	30161N101	479	13892 SH		DEFINED
EXELON CORP	COM	30161N101	102	2970 SH		OTHER
						OTHER
EXXON MOBIL CORP	COM	30231G102	5777	64110 SH		DEFINED
						DEFINED
						DEFINED

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EXXON MOBIL CORP	COM	30231G102	2254	25017	SH	OTHER	70
						OTHER	70
GENERAL ELECTRIC CO	COM	369604103	9024	390295	SH	DEFINED	70
						DEFINED	70
						DEFINED	70
GENERAL ELECTRIC CO	COM	369604103	3673	158851	SH	OTHER	70
						OTHER	70
						OTHER	70
GENERAL MILLS INC	COM	370334104	1404	28475	SH	DEFINED	70
GENERAL MILLS INC	COM	370334104	291	5900	SH	OTHER	70
						OTHER	70
GLAXOSMITHKLINE PLC	FOR	37733W105	329	7006	SH	DEFINED	70
GLAXOSMITHKLINE PLC	FOR	37733W105	71	1505	SH	OTHER	70
						OTHER	70
HOME DEPOT INC	COM	437076102	237	3400	SH	DEFINED	70
HOME DEPOT INC	COM	437076102	53	764	SH	OTHER	70
INTEL CORP	COM	458140100	1841	84307	SH	DEFINED	70
INTEL CORP	COM	458140100	196	8968	SH	OTHER	70
						OTHER	70
IBM CORP	COM	459200101	1926	9028	SH	DEFINED	70
IBM CORP	COM	459200101	1045	4899	SH	OTHER	70
						OTHER	70
ISHARES	MUT	464287465	366	6201	SH	DEFINED	70
ISHARES	MUT	464287465	46	775	SH	OTHER	70
JPMORGAN CHASE & CO	COM	46625H100	1481	31209	SH	DEFINED	70
						DEFINED	70
						DEFINED	70
JPMORGAN CHASE & CO	COM	46625H100	335	7052	SH	OTHER	70
						OTHER	70
JACOBS ENGINEERING GROUP INC	COM	469814107	326	5799	SH	DEFINED	70
JACOBS ENGINEERING GROUP INC	COM	469814107	6	100	SH	OTHER	70
JOHNSON & JOHNSON	COM	478160104	3862	47363	SH	DEFINED	70
JOHNSON & JOHNSON	COM	478160104	941	11539	SH	OTHER	70
						OTHER	70
JOHNSON CONTROLS INC	COM	478366107	584	16650	SH	DEFINED	70
JOHNSON CONTROLS INC	COM	478366107	84	2400	SH	OTHER	70
						OTHER	70
ELI LILLY & CO	COM	532457108	122	2149	SH	DEFINED	70
ELI LILLY & CO	COM	532457108	83	1456	SH	OTHER	70
						OTHER	70
LOWES COMPANIES INC	COM	548661107	415	10934	SH	DEFINED	70
LOWES COMPANIES INC	COM	548661107	13	350	SH	OTHER	70
						OTHER	70
MASCO CORP	COM	574599106	290	14300	SH	DEFINED	70
MASCO CORP	COM	574599106	75	3700	SH	OTHER	70
						OTHER	70
MCDONALDS CORP	COM	580135101	543	5450	SH	DEFINED	70
MCDONALDS CORP	COM	580135101	119	1195	SH	OTHER	70
						OTHER	70

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MEDTRONIC INC	COM	585055106	1192	25376	SH	DEFINED	70
MEDTRONIC INC	COM	585055106	33	704	SH	OTHER	70
						OTHER	70
MERCK & CO INC	COM	58933Y105	471	10649	SH	DEFINED	70
MERCK & CO INC	COM	58933Y105	218	4927	SH	OTHER	70
						OTHER	70
MICROSOFT CORP	COM	594918104	2727	95332	SH	DEFINED	70
MICROSOFT CORP	COM	594918104	266	9295	SH	OTHER	70
						OTHER	70
MONDELEZ INTL INC	COM	609207105	139	4552	SH	DEFINED	70
MONDELEZ INTL INC	COM	609207105	136	4454	SH	OTHER	70
						OTHER	70
NBT BANCORP INC	COM	628778102	520	23486	SH	OTHER	70
NEXTERA ENERGY INC	COM	65339F101	241	3100	SH	DEFINED	70
NIKE INC	COM	654106103	1062	17998	SH	DEFINED	70
NIKE INC	COM	654106103	106	1800	SH	OTHER	70
						OTHER	70
NORFOLK SOUTHERN CORP	COM	655844108	339	4400	SH	DEFINED	70
						DEFINED	70
NORFOLK SOUTHERN CORP	COM	655844108	62	800	SH	OTHER	70
ORACLE CORP	COM	68389X105	611	18900	SH	DEFINED	70
ORACLE CORP	COM	68389X105	44	1347	SH	OTHER	70
						OTHER	70
PEPSICO INC	COM	713448108	2508	31708	SH	DEFINED	70
PEPSICO INC	COM	713448108	407	5150	SH	OTHER	70
						OTHER	70
PFIZER INC	COM	717081103	859	29775	SH	DEFINED	70
						DEFINED	70
PFIZER INC	COM	717081103	177	6146	SH	OTHER	70
						OTHER	70
PHILIP MORRIS INTERNATIONAL INC	COM	718172109	9	100	SH	DEFINED	70
PHILIP MORRIS INTERNATIONAL INC	COM	718172109	513	5535	SH	OTHER	70
						OTHER	70
PROCTER & GAMBLE CO	COM	742718109	3088	40079	SH	DEFINED	70
						DEFINED	70
PROCTER & GAMBLE CO	COM	742718109	356	4619	SH	OTHER	70
						OTHER	70
SCHLUMBERGER LTD	FOR	806857108	427	5699	SH	DEFINED	70
SCHLUMBERGER LTD	FOR	806857108	60	800	SH	OTHER	70
						OTHER	70
SOUTHERN CO	COM	842587107	1277	27220	SH	DEFINED	70
SOUTHERN CO	COM	842587107	263	5608	SH	OTHER	70
						OTHER	70
STATE STREET CORP	COM	857477103	610	10325	SH	DEFINED	70
STATE STREET CORP	COM	857477103	83	1400	SH	OTHER	70
						OTHER	70
TARGET CORP	COM	87612E106	889	12984	SH	DEFINED	70
TARGET CORP	COM	87612E106	92	1350	SH	OTHER	70
						OTHER	70
TEXAS INSTRUMENTS INC	COM	882508104	365	10275	SH	DEFINED	70
3M CO	COM	88579Y101	1728	16250	SH	DEFINED	70
						DEFINED	70
3M CO	COM	88579Y101	74	700	SH	OTHER	70
TRUSTCO BANK CORP NY	COM	898349105	914	163744	SH	DEFINED	70
						DEFINED	70
TRUSTCO BANK CORP NY	COM	898349105	5700	1021488	SH	OTHER	70
UNITED PARCEL SERVICE	COM	911312106	555	6465	SH	DEFINED	70
UNITED PARCEL SERVICE	COM	911312106	77	900	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
UNITED TECHNOLOGIES CORP	COM	913017109	2559	27389	SH	DEFINED
UNITED TECHNOLOGIES CORP	COM	913017109	257	2750	SH	OTHER
VANGUARD	MUT	922042858	1730	40335	SH	DEFINED
VANGUARD	MUT	922042858	147	3420	SH	OTHER
VERIZON COMMUNICATIONS INC	COM	92343V104	1437	29237	SH	DEFINED
VERIZON COMMUNICATIONS INC	COM	92343V104	326	6632	SH	OTHER
WAL-MART STORES INC	COM	931142103	1709	22841	SH	DEFINED
WAL-MART STORES INC	COM	931142103	163	2175	SH	OTHER
WELLS FARGO & CO NEW	COM	949746101	1612	43584	SH	DEFINED
WELLS FARGO & CO NEW	COM	949746101	263	7123	SH	OTHER
				0		OTHER