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TRUSTCO BANK CORP N Y
Form 13F-HR
October 13, 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: 9/30/2010
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: 028-06657

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	10/11/2010
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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: 217
 Form 13F Information Table Value Total: \$ 101,949

 (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	1345	47043	SH	DEFINED
AT&T INC	COM	00206R102	528	18467	SH	OTHER
			0	0		OTHER
ABBOTT LABORATORIES	COM	2824100	2676	51234	SH	DEFINED
ABBOTT LABORATORIES	COM	2824100	363	6945	SH	OTHER
			0	0		OTHER
AIR PRODUCTS & CHEMICALS INC	COM	9158106	414	5000	SH	DEFINED
ALLSTATE CORP	COM	20002101	194	6150	SH	DEFINED
ALLSTATE CORP	COM	20002101	38	1200	SH	OTHER
			0	0		OTHER
ALTRIA GROUP INC	COM	02209S103	45	1870	SH	DEFINED
ALTRIA GROUP INC	COM	02209S103	1028	42786	SH	OTHER
			0	0		OTHER
AMERICAN EXPRESS CO	COM	25816109	263	6250	SH	DEFINED
AMERICAN EXPRESS CO	COM	25816109	338	8034	SH	OTHER
			0	0		OTHER
APPLIED MATERIALS INC	COM	38222105	850	72775	SH	DEFINED
			0	0		DEFINED
APPLIED MATERIALS INC	COM	38222105	33	2800	SH	OTHER
AUTOMATIC DATA PROCESSING INC	COM	53015103	423	10073	SH	DEFINED
			0	0		DEFINED
AUTOMATIC DATA PROCESSING INC	COM	53015103	13	300	SH	OTHER

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BANK OF AMERICA CORP	COM	60505104	561	42837	SH	DEFINED	70
BANK OF AMERICA CORP	COM	60505104	59	4537	SH	OTHER	70
			0	0		OTHER	70
BHP BILLITON LTD	FOR	88606108	502	6575	SH	DEFINED	70
BHP BILLITON LTD	FOR	88606108	15	200	SH	OTHER	70
BRISTOL-MYERS SQUIBB CO	COM	110122108	141	5200	SH	DEFINED	70
BRISTOL-MYERS SQUIBB CO	COM	110122108	417	15386	SH	OTHER	70
			0	0		OTHER	70
CATERPILLAR INC	COM	149123101	291	3700	SH	DEFINED	70
CATERPILLAR INC	COM	149123101	65	830	SH	OTHER	70
CHEVRON CORP NEW	COM	166764100	2428	29951	SH	DEFINED	70
			0	0		DEFINED	70
CHEVRON CORP NEW	COM	166764100	1255	15486	SH	OTHER	70
			0	0		OTHER	70
CISCO SYSTEMS INC	COM	17275R102	1007	45959	SH	DEFINED	70
CISCO SYSTEMS INC	COM	17275R102	56	2550	SH	OTHER	70
			0	0		OTHER	70
CITIGROUP INC	COM	172967101	169	43200	SH	DEFINED	70
CITIGROUP INC	COM	172967101	21	5339	SH	OTHER	70
			0	0		OTHER	70
COCA COLA CO	COM	191216100	2920	49892	SH	DEFINED	70
			0	0		DEFINED	70
COCA COLA CO	COM	191216100	685	11700	SH	OTHER	70
			0	0		OTHER	70
COLGATE PALMOLIVE CO	COM	194162103	1322	17194	SH	DEFINED	70
COLGATE PALMOLIVE CO	COM	194162103	369	4800	SH	OTHER	70
			0	0		OTHER	70
DISNEY WALT CO	COM	254687106	1537	46446	SH	DEFINED	70
			0	0		DEFINED	70
DISNEY WALT CO	COM	254687106	281	8500	SH	OTHER	70
			0	0		OTHER	70
DOMINION RESOURCES INC VA NEW	COM	25746U109	265	6080	SH	OTHER	70
DOW CHEMICAL CO	COM	260543103	384	13974	SH	DEFINED	70
DOW CHEMICAL CO	COM	260543103	95	3471	SH	OTHER	70
			0	0		OTHER	70
DU PONT E I DE NEMOURS & CO	COM	263534109	303	6800	SH	DEFINED	70
			0	0		DEFINED	70

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DU PONT E I DE NEMOURS & CO	COM	263534109	71	1586	SH	OTHER
			0	0		OTHER
ECOLAB INC	COM	278865100	880	17341	SH	DEFINED
			0	0		DEFINED
ECOLAB INC	COM	278865100	25	500	SH	OTHER
EMERSON ELECTRIC CO	COM	291011104	295	5600	SH	DEFINED
			0	0		DEFINED
EMERSON ELECTRIC CO	COM	291011104	80	1513	SH	OTHER
			0	0		OTHER
EXELON CORP	COM	30161N101	708	16624	SH	DEFINED
EXELON CORP	COM	30161N101	185	4340	SH	OTHER

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			0	0		OTHER	70
EXXON MOBIL CORP	COM	30231G102	4553	73684 SH		DEFINED	70
			0	0		DEFINED	70
EXXON MOBIL CORP	COM	30231G102	2538	41072 SH		OTHER	70
			0	0		OTHER	70
FORTUNE BRANDS INC	COM	349631101	130	2648 SH		DEFINED	70
			0	0		DEFINED	70
FORTUNE BRANDS INC	COM	349631101	148	3000 SH		OTHER	70
			0	0		OTHER	70
GENERAL ELECTRIC CO	COM	369604103	7481	460381 SH		DEFINED	70
			0	0		DEFINED	70
GENERAL ELECTRIC CO	COM	369604103	3956	243455 SH		OTHER	70
			0	0		OTHER	70
			0	0		OTHER	70
GENERAL MILLS INC	COM	370334104	1032	28248 SH		DEFINED	70
			0	0		DEFINED	70
GENERAL MILLS INC	COM	370334104	380	10400 SH		OTHER	70
			0	0		OTHER	70
GLAXOSMITHKLINE PLC	FOR	37733W105	321	8116 SH		DEFINED	70
GLAXOSMITHKLINE PLC	FOR	37733W105	198	5006 SH		OTHER	70
			0	0		OTHER	70
HEWLETT PACKARD CO	COM	428236103	570	13550 SH		DEFINED	70
HEWLETT PACKARD CO	COM	428236103	160	3800 SH		OTHER	70
			0	0		OTHER	70
HOME DEPOT INC	COM	437076102	390	12305 SH		DEFINED	70
			0	0		DEFINED	70
HOME DEPOT INC	COM	437076102	65	2064 SH		OTHER	70
			0	0		OTHER	70
ITT CORP	COM	450911102	180	3849 SH		DEFINED	70
ITT CORP	COM	450911102	33	700 SH		OTHER	70
			0	0		OTHER	70
INTEL CORP	COM	458140100	1765	91914 SH		DEFINED	70
			0	0		DEFINED	70
INTEL CORP	COM	458140100	205	10668 SH		OTHER	70
			0	0		OTHER	70
IBM CORP	COM	459200101	1509	11253 SH		DEFINED	70
IBM CORP	COM	459200101	718	5350 SH		OTHER	70
			0	0		OTHER	70
JPMORGAN CHASE & CO	COM	46625H100	1540	40468 SH		DEFINED	70
			0	0		DEFINED	70
JPMORGAN CHASE & CO	COM	46625H100	469	12335 SH		OTHER	70
			0	0		OTHER	70
JACOBS ENGINEERING GROUP INC	COM	469814107	330	8524 SH		DEFINED	70
JACOBS ENGINEERING GROUP INC	COM	469814107	17	450 SH		OTHER	70
			0	0		OTHER	70
JOHNSON & JOHNSON	COM	478160104	4498	72590 SH		DEFINED	70
JOHNSON & JOHNSON	COM	478160104	825	13311 SH		OTHER	70
			0	0		OTHER	70
JOHNSON CONTROLS INC	COM	478366107	489	16025 SH		DEFINED	70

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JOHNSON CONTROLS INC	COM	478366107	67	2200	SH	OTHER	70
			0	0		OTHER	70
KRAFT FOODS INC	COM	50075N104	90	2902	SH	DEFINED	70
KRAFT FOODS INC	COM	50075N104	937	30370	SH	OTHER	70
			0	0		OTHER	70
ELI LILLY & CO	COM	532457108	173	4749	SH	DEFINED	70
ELI LILLY & CO	COM	532457108	57	1556	SH	OTHER	70
			0	0		OTHER	70
LOWES COMPANIES INC	COM	548661107	474	21267	SH	DEFINED	70
LOWES COMPANIES INC	COM	548661107	17	750	SH	OTHER	70
			0	0		OTHER	70
MASCO CORP	COM	574599106	146	13300	SH	DEFINED	70
MASCO CORP	COM	574599106	23	2100	SH	OTHER	70
MCDONALDS CORP	COM	580135101	204	2735	SH	OTHER	70
MCGRAW HILL COS INC	COM	580645109	538	16259	SH	DEFINED	70
MCGRAW HILL COS INC	COM	580645109	23	700	SH	OTHER	70
			0	0		OTHER	70
MEDTRONIC INC	COM	585055106	1752	52159	SH	DEFINED	70
			0	0		DEFINED	70
MEDTRONIC INC	COM	585055106	64	1904	SH	OTHER	70
			0	0		OTHER	70
MERCK & CO INC	COM	58933Y105	162	4399	SH	DEFINED	70
MERCK & CO INC	COM	58933Y105	135	3665	SH	OTHER	70
			0	0		OTHER	70
MICROSOFT CORP	COM	594918104	2824	115318	SH	DEFINED	70
			0	0		DEFINED	70
MICROSOFT CORP		594918104	183	7463	SH	OTHER	70
			0	0		OTHER	70
NBT BANCORP INC		628778102	518	23486	SH	OTHER	70
NIKE INC		654106103	982	12249	SH	DEFINED	70
NIKE INC		654106103	80	1000	SH	OTHER	70
			0	0		OTHER	70
NOKIA CORP		654902204	176	17525	SH	DEFINED	70
ORACLE CORP		68389X105	531	19775	SH	DEFINED	70
ORACLE CORP		68389X105	12	452	SH	OTHER	70
PEPSICO INC		713448108	2861	43061	SH	DEFINED	70
			0	0		DEFINED	70
PEPSICO INC		713448108	442	6650	SH	OTHER	70
			0	0		OTHER	70
PFIZER INC		717081103	520	30307	SH	DEFINED	70
			0	0		DEFINED	70
PFIZER INC		717081103	193	11267	SH	OTHER	70
			0	0		OTHER	70
PHILIP MORRIS INTERNATIONAL INC		718172109	49	870	SH	DEFINED	70
PHILIP MORRIS INTERNATIONAL INC		718172109	2418	43169	SH	OTHER	70
			0	0		OTHER	70
POWERSHARES		73935A104	1349	27500	SH	OTHER	70
			0	0		OTHER	70
PROCTER & GAMBLE CO		742718109	3512	58557	SH	DEFINED	70
			0	0		DEFINED	70
PROCTER & GAMBLE CO		742718109	698	11637	SH	OTHER	70
			0	0		OTHER	70
SCHLUMBERGER LTD		806857108	431	6999	SH	DEFINED	70
			0	0		DEFINED	70
SCHLUMBERGER LTD		806857108	18	300	SH	OTHER	70
			0	0		OTHER	70
SOUTHERN CO		842587107	1421	38158	SH	DEFINED	70
			0	0		DEFINED	70
SOUTHERN CO		842587107	231	6208	SH	OTHER	70
			0	0		OTHER	70

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STATE STREET CORP		857477103	556	14775	SH	DEFINED
STATE STREET CORP		857477103	34	900	SH	OTHER
			0	0		OTHER
TARGET CORP		8.76E+110	800	14967	SH	DEFINED
			0	0		DEFINED
TARGET CORP		8.76E+110	104	1950	SH	OTHER
			0	0		OTHER
TEXAS INSTRUMENTS INC		882508104	408	15025	SH	DEFINED
TEXAS INSTRUMENTS INC		882508104	14	500	SH	OTHER
3M CO		88579Y101	1552	17900	SH	DEFINED
3M CO		88579Y101	425	4900	SH	OTHER
			0	0		OTHER
TRUSTCO BANK CORP NY		898349105	2212	397855	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED
TRUSTCO BANK CORP NY		898349105	1654	297411	SH	OTHER
			0	0		OTHER
UNITED PARCEL SERVICE		911312106	567	8507	SH	DEFINED
UNITED PARCEL SERVICE		911312106	60	900	SH	OTHER
			0	0		OTHER
UNITED TECHNOLOGIES CORP		913017109	2813	39497	SH	DEFINED
			0	0		DEFINED
UNITED TECHNOLOGIES CORP		913017109	210	2950	SH	OTHER
			0	0		OTHER
VERIZON COMMUNICATIONS INC		92343V104	1155	35445	SH	DEFINED
VERIZON COMMUNICATIONS INC		92343V104	298	9146	SH	OTHER
			0	0		OTHER
WAL-MART STORES INC		931142103	1606	29999	SH	DEFINED
			0	0		DEFINED
WAL-MART STORES INC		931142103	165	3075	SH	OTHER
			0	0		OTHER
WELLS FARGO & CO NEW		949746101	1432	57002	SH	DEFINED
WELLS FARGO & CO NEW		949746101	191	7623	SH	OTHER
			0	0		OTHER
NOBLE CORPORATION		H5833N103	855	25298	SH	DEFINED
NOBLE CORPORATION		H5833N103	84	2500	SH	OTHER
			0	0		OTHER