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TRUSTCO BANK CORP N Y  
Form 13F-HR  
October 11, 2012

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

Form 13F  
Form 13F COVER PAGE

Report for the Calendar Year or Quarter Ended: 9/30/2012  
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  
GLENNVILLE, 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: SENIOR TRUST OFFICER  
Phone: 518-381-3643

Signature, Place, and Date of Signing:

/s/ RICHARD W PROVOST	GLENNVILLE, NY	10/11/2012
-----	-----	-----
[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: 189  
 Form 13F Information Table Value Total: \$ 102,997  
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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	1717	45544	SH	DEFINED
AT&T INC	COM	00206R102	628	16650	SH	OTHER
			0	0		OTHER
ABBOTT LABORATORIES	COM	2824100	2920	42585	SH	DEFINED
ABBOTT LABORATORIES	COM	2824100	462	6745	SH	OTHER
			0	0		OTHER
AIR PRODUCTS & CHEMICALS INC	COM	9158106	380	4600	SH	DEFINED
ALCOA INC	COM	13817101	91	10300	SH	DEFINED
ALCOA INC	COM	13817101	5	600	SH	OTHER
ALLSTATE CORP	COM	20002101	204	5150	SH	DEFINED
ALLSTATE CORP	COM	20002101	48	1200	SH	OTHER
			0	0		OTHER
ALTRIA GROUP INC	COM	02209S103	90	2686	SH	DEFINED
ALTRIA GROUP INC	COM	02209S103	116	3486	SH	OTHER
			0	0		OTHER
AMERICAN EXPRESS CO	COM	25816109	338	5950	SH	DEFINED
AMERICAN EXPRESS CO	COM	25816109	40	700	SH	OTHER
			0	0		OTHER
ANNALY CAPITAL MANAGEMENT INC	COM	35710409	199	11805	SH	DEFINED
ANNALY CAPITAL MANAGEMENT INC	COM	35710409	17	1000	SH	OTHER
APPLIED MATERIALS INC	COM	38222105	691	61900	SH	DEFINED
			0	0		DEFINED

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APPLIED MATERIALS INC	COM	38222105	28	2500 SH	OTHER	70
AUTOMATIC DATA PROCESSING INC	COM	53015103	468	7973 SH	DEFINED	70
			0	0	DEFINED	70
AUTOMATIC DATA PROCESSING INC	COM	53015103	18	300 SH	OTHER	70
BHP BILLITON LTD	FOR	88606108	355	5175 SH	DEFINED	70
BHP BILLITON LTD	FOR	88606108	14	200 SH	OTHER	70
BRISTOL-MYERS SQUIBB CO	COM	110122108	252	7466 SH	DEFINED	70
BRISTOL-MYERS SQUIBB CO	COM	110122108	503	14906 SH	OTHER	70
			0	0	OTHER	70
CATERPILLAR INC	COM	149123101	165	1913 SH	DEFINED	70
CATERPILLAR INC	COM	149123101	71	830 SH	OTHER	70
CHEVRON CORP NEW	COM	166764100	2897	24855 SH	DEFINED	70
CHEVRON CORP NEW	COM	166764100	534	4579 SH	OTHER	70
			0	0	OTHER	70
CISCO SYSTEMS INC	COM	17275R102	686	35941 SH	DEFINED	70
CISCO SYSTEMS INC	COM	17275R102	41	2150 SH	OTHER	70
			0	0	OTHER	70
COCA COLA CO	COM	191216100	3580	94394 SH	DEFINED	70
			0	0	DEFINED	70
COCA COLA CO	COM	191216100	842	22200 SH	OTHER	70
			0	0	OTHER	70
COLGATE PALMOLIVE CO	COM	194162103	1753	16352 SH	DEFINED	70
COLGATE PALMOLIVE CO	COM	194162103	357	3333 SH	OTHER	70
			0	0	OTHER	70
DISNEY WALT CO	COM	254687106	1801	34446 SH	DEFINED	70
			0	0	DEFINED	70
DISNEY WALT CO	COM	254687106	434	8300 SH	OTHER	70
			0	0	OTHER	70
DOW CHEMICAL CO	COM	260543103	305	10524 SH	DEFINED	70
DOW CHEMICAL CO	COM	260543103	98	3401 SH	OTHER	70
			0	0	OTHER	70
DU PONT E I DE NEMOURS & CO	COM	263534109	303	6025 SH	DEFINED	70
			0	0	DEFINED	70
DU PONT E I DE NEMOURS & CO	COM	263534109	115	2286 SH	OTHER	70
			0	0	OTHER	70
ECOLAB INC	COM	278865100	507	7817 SH	DEFINED	70
ECOLAB INC	COM	278865100	32	500 SH	OTHER	70

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EMERSON ELECTRIC CO	COM	291011104	220	4550 SH	DEFINED	70
EMERSON ELECTRIC CO	COM	291011104	73	1513 SH	OTHER	70
			0	0	OTHER	70
EXELON CORP	COM	30161N101	541	15217 SH	DEFINED	70
EXELON CORP	COM	30161N101	106	2970 SH	OTHER	70
			0	0	OTHER	70
EXXON MOBIL CORP	COM	30231G102	5779	63195 SH	DEFINED	70
			0	0	DEFINED	70
EXXON MOBIL CORP	COM	30231G102	2782	30417 SH	OTHER	70
			0	0	OTHER	70
GENERAL ELECTRIC CO	COM	369604103	9366	412403 SH	DEFINED	70

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GENERAL ELECTRIC CO	COM	369604103	5334	234855	SH	0	0	DEFINED	70
			0	0				OTHER	70
			0	0				OTHER	70
GENERAL MILLS INC	COM	370334104	1016	25490	SH	0	0	DEFINED	70
GENERAL MILLS INC	COM	370334104	402	10100	SH	0	0	OTHER	70
			0	0				OTHER	70
GLAXOSMITHKLINE PLC	FOR	37733W105	268	5788	SH	0	0	DEFINED	70
GLAXOSMITHKLINE PLC	FOR	37733W105	211	4566	SH	0	0	OTHER	70
			0	0				OTHER	70
HOME DEPOT INC	COM	437076102	352	5825	SH	0	0	DEFINED	70
HOME DEPOT INC	COM	437076102	76	1264	SH	0	0	OTHER	70
INTEL CORP	COM	458140100	1657	73132	SH	0	0	DEFINED	70
INTEL CORP	COM	458140100	224	9868	SH	0	0	OTHER	70
			0	0				OTHER	70
IBM CORP	COM	459200101	2364	11394	SH	0	0	DEFINED	70
IBM CORP	COM	459200101	681	3283	SH	0	0	OTHER	70
			0	0				OTHER	70
ISHARES	MUT	464287465	321	6051	SH	0	0	DEFINED	70
ISHARES	MUT	464287465	9	175	SH	0	0	OTHER	70
JPMORGAN CHASE & CO	COM	46625H100	1169	28879	SH	0	0	DEFINED	70
			0	0				DEFINED	70
JPMORGAN CHASE & CO	COM	46625H100	294	7252	SH	0	0	OTHER	70
			0	0				OTHER	70
JACOBS ENGINEERING GROUP INC	COM	469814107	226	5599	SH	0	0	DEFINED	70
JACOBS ENGINEERING GROUP INC	COM	469814107	8	200	SH	0	0	OTHER	70
			0	0				OTHER	70
JOHNSON & JOHNSON	COM	478160104	3505	50860	SH	0	0	DEFINED	70
JOHNSON & JOHNSON	COM	478160104	765	11107	SH	0	0	OTHER	70
			0	0				OTHER	70
JOHNSON CONTROLS INC	COM	478366107	363	13250	SH	0	0	DEFINED	70
JOHNSON CONTROLS INC	COM	478366107	55	2000	SH	0	0	OTHER	70
			0	0				OTHER	70
KRAFT FOODS INC	COM	50075N104	155	3738	SH	0	0	DEFINED	70
KRAFT FOODS INC	COM	50075N104	137	3302	SH	0	0	OTHER	70
			0	0				OTHER	70
LOWES COMPANIES INC	COM	548661107	382	12634	SH	0	0	DEFINED	70
LOWES COMPANIES INC	COM	548661107	11	350	SH	0	0	OTHER	70
			0	0				OTHER	70
MASCO CORP	COM	574599106	182	12100	SH	0	0	DEFINED	70
MASCO CORP	COM	574599106	26	1700	SH	0	0	OTHER	70
MCDONALDS CORP	COM	580135101	248	2700	SH	0	0	DEFINED	70
MCDONALDS CORP	COM	580135101	266	2895	SH	0	0	OTHER	70
			0	0				OTHER	70
MCGRAW HILL COS INC	COM	580645109	667	12217	SH	0	0	DEFINED	70
MCGRAW HILL COS INC	COM	580645109	16	300	SH	0	0	OTHER	70
			0	0				OTHER	70
MEDTRONIC INC	COM	585055106	1627	37726	SH	0	0	DEFINED	70
MEDTRONIC INC	COM	585055106	48	1104	SH	0	0	OTHER	70

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			0	0		OTHER	70
MERCK & CO INC	COM	58933Y105	259	5740 SH		DEFINED	70
MERCK & CO INC	COM	58933Y105	170	3761 SH		OTHER	70
			0	0		OTHER	70
MICROSOFT CORP	COM	594918104	2864	96231 SH		DEFINED	70
MICROSOFT CORP	COM	594918104	186	6263 SH		OTHER	70
			0	0		OTHER	70
NBT BANCORP INC	COM	628778102	518	23486 SH		OTHER	70
NEXTERA ENERGY INC	COM	65339F101	202	2875 SH		DEFINED	70
NIKE INC	COM	654106103	868	9149 SH		DEFINED	70
NIKE INC	COM	654106103	85	900 SH		OTHER	70
			0	0		OTHER	70
NORFOLK SOUTHERN CORP	COM	655844108	127	2000 SH		DEFINED	70
NORFOLK SOUTHERN CORP	COM	655844108	115	1800 SH		OTHER	70
ORACLE CORP	COM	68389X105	560	17800 SH		DEFINED	70
ORACLE CORP	COM	68389X105	42	1347 SH		OTHER	70
			0	0		OTHER	70
PEPSICO INC	COM	713448108	2505	35392 SH		DEFINED	70
PEPSICO INC	COM	713448108	272	3850 SH		OTHER	70
			0	0		OTHER	70
PFIZER INC	COM	717081103	605	24333 SH		DEFINED	70
PFIZER INC	COM	717081103	266	10688 SH		OTHER	70
			0	0		OTHER	70
PHILIP MORRIS INTERNATIONAL INC	COM	718172109	233	2586 SH		DEFINED	70
PHILIP MORRIS INTERNATIONAL INC	COM	718172109	348	3869 SH		OTHER	70
			0	0		OTHER	70
PROCTER & GAMBLE CO	COM	742718109	3316	47815 SH		DEFINED	70
PROCTER & GAMBLE CO	COM	742718109	744	10727 SH		OTHER	70
			0	0		OTHER	70
SCHLUMBERGER LTD	FOR	806857108	358	4949 SH		DEFINED	70
SCHLUMBERGER LTD	FOR	806857108	22	300 SH		OTHER	70
			0	0		OTHER	70
SOUTHERN CO	COM	842587107	1442	31295 SH		DEFINED	70
SOUTHERN CO	COM	842587107	212	4608 SH		OTHER	70
			0	0		OTHER	70
STATE STREET CORP	COM	857477103	452	10775 SH		DEFINED	70
STATE STREET CORP	COM	857477103	59	1400 SH		OTHER	70
			0	0		OTHER	70
TARGET CORP	COM	8.76E+110	582	9162 SH		DEFINED	70
TARGET CORP	COM	8.76E+110	86	1350 SH		OTHER	70
			0	0		OTHER	70
TEXAS INSTRUMENTS INC	COM	882508104	286	10375 SH		DEFINED	70
3M CO	COM	88579Y101	1308	14150 SH		DEFINED	70
3M CO	COM	88579Y101	411	4450 SH		OTHER	70
			0	0		OTHER	70
TRUSTCO BANK CORP NY	COM	898349105	1191	208606 SH		DEFINED	70
			0	0		DEFINED	70
			0	0		DEFINED	70
TRUSTCO BANK CORP NY	COM	898349105	5846	1023895 SH		OTHER	70
UNITED PARCEL SERVICE	COM	911312106	493	6890 SH		DEFINED	70
UNITED PARCEL SERVICE	COM	911312106	68	950 SH		OTHER	70
			0	0		OTHER	70
UNITED TECHNOLOGIES CORP	COM	913017109	2511	32072 SH		DEFINED	70
UNITED TECHNOLOGIES CORP	COM	913017109	215	2750 SH		OTHER	70
			0	0		OTHER	70
VANGUARD	MUT	922042858	1730	41455 SH		DEFINED	70
			0	0		DEFINED	70
VANGUARD	MUT	922042858	76	1820 SH		OTHER	70
			0	0		OTHER	70
			0	0		OTHER	70

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VERIZON COMMUNICATIONS INC	COM	92343V104	1460	32036	SH	DEFINED
VERIZON COMMUNICATIONS INC	COM	92343V104	371	8146	SH	OTHER
			0	0		OTHER
WAL-MART STORES INC	COM	931142103	1806	24466	SH	DEFINED
WAL-MART STORES INC	COM	931142103	161	2175	SH	OTHER
			0	0		OTHER
WELLS FARGO & CO NEW	COM	949746101	1328	38450	SH	DEFINED
WELLS FARGO & CO NEW	COM	949746101	201	5823	SH	OTHER
			0	0		OTHER