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TRUSTCO BANK CORP N Y
Form 13F-HR
April 28, 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: 3/31/2010
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
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	4/12/2010
-----	-----	-----
[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: 0
 Form 13F Information Table Entry Total: 184
 Form 13F Information Table Value Total: \$ 116,346.00

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/ PUT/ CALL	INVESTMENT DISCRETION
AT&T INC	COM	00206R102	1247	48273	SH	SOLE	
AT&T INC	COM	00206R102	13	500	SH	DEFINED	
			0	0		DEFINED	
AT&T INC	COM	00206R102	674	26072	SH	OTHER	
			0	0		OTHER	
			0	0		OTHER	
ABBOTT LABORATORIES	COM	2824100	2738	51969	SH	SOLE	
			0	0		SOLE	
ABBOTT LABORATORIES	COM	2824100	84	1600	SH	DEFINED	
			0	0		DEFINED	
			0	0		DEFINED	
ABBOTT LABORATORIES	COM	2824100	460	8726	SH	OTHER	
			0	0		OTHER	
			0	0		OTHER	
AIR PRODUCTS & CHEMICALS INC	COM	9158106	444	6000	SH	SOLE	
ALTRIA GROUP INC	COM	02209S103	42	2057	SH	SOLE	
ALTRIA GROUP INC	COM	02209S103	889	43300	SH	OTHER	
			0	0		OTHER	
AMERICAN EXPRESS CO	COM	25816109	319	7734	SH	OTHER	
			0	0		OTHER	
APPLIED MATERIALS INC	COM	38222105	808	60000	SH	SOLE	
			0	0		SOLE	
APPLIED MATERIALS INC	COM	38222105	4	300	SH	DEFINED	
APPLIED MATERIALS INC	COM	38222105	44	3300	SH	OTHER	
AUTOMATIC DATA PROCESSING INC	COM	53015103	419	9423	SH	SOLE	
			0	0		SOLE	
AUTOMATIC DATA PROCESSING INC	COM	53015103	40	890	SH	OTHER	

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BP PLC	FOR	55622104	1282	22463	SH	OTHER
			0	0		SOLE
BP PLC	FOR	55622104	200	3500	SH	DEFINED
			0	0		DEFINED
BP PLC	FOR	55622104	371	6504	SH	OTHER
			0	0		OTHER
			0	0		OTHER
BANK OF AMERICA CORP	COM	60505104	226	12645	SH	SOLE
BANK OF AMERICA CORP	COM	60505104	14	800	SH	DEFINED
BANK OF AMERICA CORP	COM	60505104	46	2554	SH	OTHER
			0	0		OTHER
THE BANK OF NEW YORK COMPANY I NC COM		64058100	265	8570	SH	SOLE
BHP BILLITON LTD	FOR	88606108	357	4450	SH	SOLE
BHP BILLITON LTD	FOR	88606108	16	200	SH	DEFINED
BHP BILLITON LTD	FOR	88606108	8	100	SH	OTHER
BRISTOL-MYERS SQUIBB CO	COM	110122108	82	3086	SH	SOLE
BRISTOL-MYERS SQUIBB CO	COM	110122108	96	3600	SH	DEFINED
BRISTOL-MYERS SQUIBB CO	COM	110122108	315	11800	SH	OTHER
			0	0		OTHER
CATERPILLAR INC	COM	149123101	212	3375	SH	SOLE
CATERPILLAR INC	COM	149123101	107	1700	SH	OTHER
CHEVRON CORP NEW	COM	166764100	2411	31791	SH	SOLE
			0	0		SOLE
CHEVRON CORP NEW	COM	166764100	114	1500	SH	DEFINED
			0	0		DEFINED
CHEVRON CORP NEW	COM	166764100	1149	15147	SH	OTHER
			0	0		OTHER
			0	0		OTHER
CISCO SYSTEMS INC	COM	17275R102	961	36924	SH	SOLE
CISCO SYSTEMS INC	COM	17275R102	22	850	SH	DEFINED
			0	0		DEFINED
CISCO SYSTEMS INC	COM	17275R102	57	2200	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/ INVESTMENT DISCRETION	OT
			0	0		OTHER	
			0	0		OTHER	
COCA COLA CO	COM	191216100	2888	52517	SH	SOLE	
			0	0		SOLE	
COCA COLA CO	COM	191216100	116	2100	SH	DEFINED	
			0	0		DEFINED	
COCA COLA CO	COM	191216100	732	13300	SH	OTHER	
			0	0		OTHER	
COLGATE PALMOLIVE CO	COM	194162103	1654	19394	SH	SOLE	
COLGATE PALMOLIVE CO	COM	194162103	111	1300	SH	DEFINED	
			0	0		DEFINED	
COLGATE PALMOLIVE CO	COM	194162103	358	4200	SH	OTHER	
			0	0		OTHER	
			0	0		OTHER	
DISNEY WALT CO	COM	254687106	1592	45611	SH	SOLE	

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			0	0		SOLE
DISNEY WALT CO	COM	254687106	35	1000	SH	DEFINED
			0	0		DEFINED
DISNEY WALT CO	COM	254687106	257	7350	SH	OTHER
			0	0		OTHER
			0	0		OTHER
DOMINION RESOURCES INC VA NEW	COM	25746U109	264	6418	SH	OTHER
DOW CHEMICAL CO	COM	260543103	454	15346	SH	SOLE
DOW CHEMICAL CO	COM	260543103	65	2200	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED
DOW CHEMICAL CO	COM	260543103	107	3625	SH	OTHER
			0	0		OTHER
ECOLAB INC	COM	278865100	828	18841	SH	SOLE
			0	0		SOLE
ECOLAB INC	COM	278865100	13	300	SH	DEFINED
ECOLAB INC	COM	278865100	26	600	SH	OTHER
EMERSON ELECTRIC CO	COM	291011104	300	5963	SH	SOLE
			0	0		SOLE
EMERSON ELECTRIC CO	COM	291011104	146	2900	SH	OTHER
			0	0		OTHER
EXELON CORP	COM	30161N101	735	16774	SH	SOLE
EXELON CORP	COM	30161N101	64	1450	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED
EXELON CORP	COM	30161N101	146	3340	SH	OTHER
			0	0		OTHER
EXXON MOBIL CORP	COM	30231G102	5621	83920	SH	SOLE
			0	0		SOLE
EXXON MOBIL CORP	COM	30231G102	1058	15798	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED
EXXON MOBIL CORP	COM	30231G102	2112	31535	SH	OTHER
			0	0		OTHER
			0	0		OTHER
FORTUNE BRANDS INC	COM	349631101	148	3048	SH	SOLE
			0	0		SOLE
FORTUNE BRANDS INC	COM	349631101	19	400	SH	DEFINED
FORTUNE BRANDS INC	COM	349631101	146	3000	SH	OTHER
			0	0		OTHER
GENERAL ELECTRIC CO	COM	369604103	9553	524892	SH	SOLE
			0	0		SOLE
GENERAL ELECTRIC CO	COM	369604103	594	32653	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED

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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	OTHER
GENERAL ELECTRIC CO	COM	369604103	4826	265183	SH	OTHER	
			0	0		OTHER	
			0	0		OTHER	

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GENERAL MILLS INC	COM	370334104	943	13324	SH	SOLE
			0	0		SOLE
GENERAL MILLS INC	COM	370334104	96	1350	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED
GENERAL MILLS INC	COM	370334104	350	4950	SH	OTHER
			0	0		OTHER
GLAXOSMITHKLINE PLC	FOR	37733W105	335	8690	SH	SOLE
GLAXOSMITHKLINE PLC	FOR	37733W105	46	1200	SH	DEFINED
			0	0		DEFINED
GLAXOSMITHKLINE PLC	FOR	37733W105	166	4314	SH	OTHER
			0	0		OTHER
			0	0		OTHER
GOLDMAN SACHS GROUP INC	COM	38141G104	266	1557	SH	SOLE
GOLDMAN SACHS GROUP INC	COM	38141G104	9	50	SH	OTHER
HEWLETT PACKARD CO	COM	428236103	484	9111	SH	SOLE
HEWLETT PACKARD CO	COM	428236103	43	800	SH	DEFINED
HEWLETT PACKARD CO	COM	428236103	154	2904	SH	OTHER
			0	0		OTHER
HOME DEPOT INC	COM	437076102	388	11980	SH	SOLE
			0	0		SOLE
HOME DEPOT INC	COM	437076102	26	800	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED
HOME DEPOT INC	COM	437076102	61	1889	SH	OTHER
			0	0		OTHER
			0	0		OTHER
ITT CORP	COM	450911102	166	3099	SH	SOLE
ITT CORP	COM	450911102	27	500	SH	DEFINED
ITT CORP	COM	450911102	11	200	SH	OTHER
INTEL CORP	COM	458140100	1889	84764	SH	SOLE
			0	0		SOLE
INTEL CORP	COM	458140100	96	4318	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED
INTEL CORP	COM	458140100	194	8700	SH	OTHER
			0	0		OTHER
			0	0		OTHER
IBM CORP	COM	459200101	1478	11528	SH	SOLE
IBM CORP	COM	459200101	135	1050	SH	DEFINED
			0	0		DEFINED
IBM CORP	COM	459200101	584	4550	SH	OTHER
			0	0		OTHER
			0	0		OTHER
JPMORGAN CHASE & CO	COM	46625H100	1719	38413	SH	SOLE
			0	0		SOLE
JPMORGAN CHASE & CO	COM	46625H100	91	2028	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED
JPMORGAN CHASE & CO	COM	46625H100	577	12897	SH	OTHER
			0	0		OTHER
JACOBS ENGINEERING GROUP INC	COM	469814107	316	6999	SH	SOLE
JACOBS ENGINEERING GROUP INC	COM	469814107	5	100	SH	DEFINED
JACOBS ENGINEERING GROUP INC	COM	469814107	25	550	SH	OTHER
JOHNSON & JOHNSON	COM	478160104	5023	77035	SH	SOLE
JOHNSON & JOHNSON	COM	478160104	265	4070	SH	DEFINED
			0	0		DEFINED

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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	OTHER
JOHNSON & JOHNSON	COM	478160104	663	10175	SH	OTHER	
			0	0		OTHER	
			0	0		OTHER	
JOHNSON CONTROLS INC	COM	478366107	327	9900	SH	SOLE	
JOHNSON CONTROLS INC	COM	478366107	114	3450	SH	OTHER	
			0	0		OTHER	
			0	0		OTHER	
KRAFT FOODS INC	COM	50075N104	62	2034	SH	SOLE	
KRAFT FOODS INC	COM	50075N104	915	30264	SH	OTHER	
			0	0		OTHER	
ELI LILLY & CO	COM	532457108	206	5695	SH	SOLE	
ELI LILLY & CO	COM	532457108	33	900	SH	DEFINED	
ELI LILLY & CO	COM	532457108	22	600	SH	OTHER	
			0	0		OTHER	
LOWES COMPANIES INC	COM	548661107	479	19768	SH	SOLE	
LOWES COMPANIES INC	COM	548661107	39	1600	SH	OTHER	
			0	0		OTHER	
MASCO CORP	COM	574599106	188	12100	SH	SOLE	
MASCO CORP	COM	574599106	26	1700	SH	DEFINED	
MASCO CORP	COM	574599106	14	900	SH	OTHER	
			0	0		OTHER	
MCDONALDS CORP	COM	580135101	26	388	SH	SOLE	
MCDONALDS CORP	COM	580135101	200	3000	SH	OTHER	
MCGRAW HILL COS INC	COM	580645109	333	9334	SH	SOLE	
MCGRAW HILL COS INC	COM	580645109	7	200	SH	DEFINED	
MCGRAW HILL COS INC	COM	580645109	50	1400	SH	OTHER	
			0	0		OTHER	
			0	0		OTHER	
MEDTRONIC INC	COM	585055106	2243	49816	SH	SOLE	
			0	0		SOLE	
MEDTRONIC INC	COM	585055106	41	900	SH	DEFINED	
			0	0		DEFINED	
MEDTRONIC INC	COM	585055106	63	1400	SH	OTHER	
			0	0		OTHER	
			0	0		OTHER	
MERCK & CO INC	COM	58933Y105	203	5428	SH	SOLE	
MERCK & CO INC	COM	58933Y105	93	2479	SH	DEFINED	
MERCK & CO INC	COM	58933Y105	49	1300	SH	OTHER	
			0	0		OTHER	
MICROSOFT CORP	COM	594918104	3517	120092	SH	SOLE	
			0	0		SOLE	
MICROSOFT CORP	COM	594918104	59	2000	SH	DEFINED	
			0	0		DEFINED	
MICROSOFT CORP	COM	594918104	528	18021	SH	OTHER	
			0	0		OTHER	
			0	0		OTHER	
NBT BANCORP INC	COM	628778102	15	672	SH	SOLE	
NBT BANCORP INC	COM	628778102	537	23486	SH	DEFINED	
NIKE INC	COM	654106103	775	10549	SH	SOLE	
NIKE INC	COM	654106103	51	700	SH	DEFINED	
			0	0		DEFINED	
NIKE INC	COM	654106103	44	600	SH	OTHER	
NUVEEN QUALITY PREFERRED INCOM E MUT		67072C105	95	12000	SH	OTHER	

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ORACLE CORP	COM	68389X105	346	13452	SH	SOLE
ORACLE CORP	COM	68389X105	3	100	SH	DEFINED
ORACLE CORP	COM	68389X105	10	400	SH	OTHER
PEPSICO INC	COM	713448108	2991	45203	SH	SOLE
			0	0		SOLE
PEPSICO INC	COM	713448108	89	1350	SH	DEFINED
			0	0		DEFINED

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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
			0	0			DEFINED
PEPSICO INC	COM	713448108	420	6350	SH	OTHER	OTHER
			0	0			OTHER
			0	0			OTHER
PFIZER INC	COM	717081103	633	36927	SH	SOLE	SOLE
			0	0			SOLE
PFIZER INC	COM	717081103	12	700	SH	DEFINED	DEFINED
			0	0			DEFINED
PFIZER INC	COM	717081103	192	11198	SH	OTHER	OTHER
			0	0			OTHER
PHILIP MORRIS INTERNATIONAL IN C	COM	718172109	54	1039	SH	SOLE	SOLE
PHILIP MORRIS INTERNATIONAL IN C	COM	718172109	2259	43300	SH	OTHER	OTHER
			0	0			OTHER
POWERSHARES	MUT	73935A104	1324	27500	SH	OTHER	OTHER
			0	0			OTHER
PROCTER & GAMBLE CO	COM	742718109	4980	78711	SH	SOLE	SOLE
			0	0			SOLE
PROCTER & GAMBLE CO	COM	742718109	75	1190	SH	DEFINED	DEFINED
			0	0			DEFINED
PROCTER & GAMBLE CO	COM	742718109	817	12906	SH	OTHER	OTHER
			0	0			OTHER
			0	0			OTHER
SCHLUMBERGER LTD	COM	806857108	421	6636	SH	SOLE	SOLE
			0	0			SOLE
SCHLUMBERGER LTD	COM	806857108	13	200	SH	DEFINED	DEFINED
SCHLUMBERGER LTD	COM	806857108	6	100	SH	OTHER	OTHER
SOUTHERN CO	COM	842587107	1295	39066	SH	SOLE	SOLE
			0	0			SOLE
SOUTHERN CO	COM	842587107	53	1600	SH	DEFINED	DEFINED
SOUTHERN CO	COM	842587107	272	8200	SH	OTHER	OTHER
			0	0			OTHER
			0	0			OTHER
STATE STREET CORP	COM	857477103	258	5710	SH	SOLE	SOLE
STATE STREET CORP	COM	857477103	23	500	SH	DEFINED	DEFINED
			0	0			DEFINED
STATE STREET CORP	COM	857477103	9	200	SH	OTHER	OTHER
TARGET CORP	COM	87612E106	685	13032	SH	SOLE	SOLE
			0	0			SOLE
TARGET CORP	COM	87612E106	47	900	SH	DEFINED	DEFINED
			0	0			DEFINED
TARGET CORP	COM	87612E106	84	1600	SH	OTHER	OTHER

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			0	0		OTHER
TEXAS INSTRUMENTS INC	COM	882508104	361	14750	SH	SOLE
TEXAS INSTRUMENTS INC	COM	882508104	12	500	SH	DEFINED
TEXAS INSTRUMENTS INC	COM	882508104	5	200	SH	OTHER
3M CO	COM	88579Y101	1525	18250	SH	SOLE
3M CO	COM	88579Y101	50	600	SH	DEFINED
			0	0		DEFINED
3M CO	COM	88579Y101	408	4880	SH	OTHER
			0	0		OTHER
TRUSTCO BANK CORP NY	COM	898349105	2755	446553	SH	SOLE
			0	0		SOLE
			0	0		SOLE
TRUSTCO BANK CORP NY	COM	898349105	17	2797	SH	DEFINED
TRUSTCO BANK CORP NY	COM	898349105	4102	664791	SH	OTHER
UNITED PARCEL SERVICE	COM	911312106	419	6507	SH	SOLE
UNITED PARCEL SERVICE	COM	911312106	52	800	SH	DEFINED
			0	0		DEFINED
UNITED PARCEL SERVICE	COM	911312106	26	400	SH	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
UNITED TECHNOLOGIES CORP	COM	913017109	2900	39394	SH	SOLE
			0	0		SOLE
UNITED TECHNOLOGIES CORP	COM	913017109	52	700	SH	DEFINED
			0	0		DEFINED
UNITED TECHNOLOGIES CORP	COM	913017109	248	3375	SH	OTHER
			0	0		OTHER
			0	0		OTHER
VERIZON COMMUNICATIONS INC	COM	92343V104	1152	37125	SH	SOLE
VERIZON COMMUNICATIONS INC	COM	92343V104	74	2400	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED
VERIZON COMMUNICATIONS INC	COM	92343V104	274	8848	SH	OTHER
			0	0		OTHER
			0	0		OTHER
WAL-MART STORES INC	COM	931142103	1677	30156	SH	SOLE
			0	0		SOLE
WAL-MART STORES INC	COM	931142103	3	50	SH	DEFINED
WAL-MART STORES INC	COM	931142103	220	3950	SH	OTHER
			0	0		OTHER
			0	0		OTHER
WELLS FARGO & CO NEW	COM	949746101	1688	54246	SH	SOLE
WELLS FARGO & CO NEW	COM	949746101	93	3000	SH	DEFINED
			0	0		DEFINED
WELLS FARGO & CO NEW	COM	949746101	190	6100	SH	OTHER
			0	0		OTHER
			0	0		OTHER
NOBLE CORPORATION	FOR	H5833N103	1066	25498	SH	SOLE
NOBLE CORPORATION	FOR	H5833N103	42	1000	SH	DEFINED
NOBLE CORPORATION	FOR	H5833N103	75	1800	SH	OTHER

0	0	OTHER
0	0	OTHER