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TRUSTCO BANK CORP N Y
Form 13F-HR
January 27, 2009

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549
FORM 13F
FORM 13F COVER PAGE

Report for the Calendar Year or Quarter Ended: 12/31/2008

Check here if Amendment [] Amendment Number:
This Amendment [] is a restatement

Institutional Investment Manager Filing this Report:

Name: TRUSTCO BANK
Address: 3 SARNOWSKI DRIVE
GLENVILLE, NY 12302

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.

Person Signing this Report on Behalf of Reporting Manager:

Name: Richard W. Provost
Title: Trust Officer
Phone: 518-381-3699
Signature, Place, and Date of Signing:

/s/ Richard W. Provost Glenville, NY 01/13/2009

[Signature] [City, State] [Date]

Report Type (Check only one)
[X] 13F HOLDINGS REPORT
[] 13F COMBINATION REPORT

COLUMN TOTALS	750
AGGREGATE TOTAL	112738

FORM 13F SUMMARY PAGE

Report Summary:

Number of Other Included Managers:	0
Form 13F Information Table Entry Total:	124
Form 13F Information Table Value Total:	\$ 112,738

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List of Other Included Managers:

Provide a numbered list of the name(s) and Form 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

NAME OF ISSUER	TITLE OF CLASS	CUSIP	VALUE (x\$1000)	SHARES/ PRN AMT	SH/ PRN	PUT/ CALL	INVTMT DSCRETN	OTHE MANAG
AT&T INC	COMMON STOCK	00206R102	1462	51315	SH		DEFINED	
		00206R102	603	21157	SH		DEF/OTH	
ABBOTT LABORATORIES	COMMON STOCK	002824100	2452	45944	SH		DEFINED	
		002824100	482	9026	SH		DEF/OTH	
AIR PRODUCTS & CHEMICALS INC	COMMON STOCK	009158106	322	6400	SH		DEFINED	
ALTRIA GROUP INC	COMMON STOCK	02209S103	13	870	SH		DEFINED	
		02209S103	652	43300	SH		DEF/OTH	
AMERICAN EXPRESS CO	COMMON STOCK	025816109	469	25288	SH		DEFINED	
		025816109	149	8034	SH		DEF/OTH	
APPLIED MATERIALS INC	COMMON STOCK	038222105	204	20100	SH		DEFINED	
		038222105	2	200	SH		DEF/OTH	
AUTOMATIC DATA PROCESSING INC	COMMON STOCK	053015103	615	15625	SH		DEFINED	
		053015103	24	600	SH		DEF/OTH	
BP PLC	FOREIGN STOCK	055622104	1592	34053	SH		DEFINED	
		055622104	323	6904	SH		DEF/OTH	
BANK OF AMERICA CORP	COMMON STOCK	060505104	70	4969	SH		DEFINED	
		060505104	207	14715	SH		DEF/OTH	
THE BANK OF NEW YORK COMPANY INC	COMMON STOCK	064058100	330	11637	SH		DEFINED	
BRISTOL-MYERS SQUIBB CO	COMMON STOCK	110122108	126	5409	SH		DEFINED	
		110122108	274	11800	SH		DEF/OTH	
CHEVRON CORP NEW	COMMON STOCK	166764100	2959	40001	SH		DEFINED	
		166764100	1076	14547	SH		DEF/OTH	
CISCO SYSTEMS INC	COMMON STOCK	17275R102	830	50942	SH		DEFINED	
		17275R102	43	2650	SH		DEF/OTH	
CITIGROUP INC	COMMON STOCK	172967101	262	39086	SH		DEFINED	
		172967101	28	4242	SH		DEF/OTH	
COCA COLA CO	COMMON STOCK	191216100	2525	55766	SH		DEFINED	
		191216100	602	13300	SH		DEF/OTH	
COLGATE PALMOLIVE CO	COMMON STOCK	194162103	1935	28228	SH		DEFINED	
		194162103	295	4300	SH		DEF/OTH	
DISNEY WALT CO	COMMON STOCK	254687106	1023	45100	SH		DEFINED	
		254687106	165	7250	SH		DEF/OTH	
DOMINION RESOURCES INC VA NEW	COMMON STOCK	25746U109	25	686	SH		DEFINED	
		25746U109	230	6418	SH		DEF/OTH	
DOW CHEMICAL CO	COMMON STOCK	260543103	175	11575	SH		DEFINED	
		260543103	47	3125	SH		DEF/OTH	
DU PONT E I DE NEMOURS & CO	COMMON STOCK	263534109	475	18793	SH		DEFINED	
		263534109	85	3360	SH		DEF/OTH	
ECOLAB INC	COMMON STOCK	278865100	389	11067	SH		DEFINED	
		278865100	14	400	SH		DEF/OTH	
EMERSON ELECTRIC CO	COMMON STOCK	291011104	286	7800	SH		DEFINED	
		291011104	103	2800	SH		DEF/OTH	

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EXELON CORP	COMMON STOCK	30161N101	745	13400	SH	DEFINED
		30161N101	166	2990	SH	DEF/OTH
EXXON MOBIL CORP	COMMON STOCK	30231G102	8867	111075	SH	DEFINED
		30231G102	2637	33032	SH	DEF/OTH
FORTUNE BRANDS INC	COMMON STOCK	349631101	144	3500	SH	DEFINED
		349631101	124	3000	SH	DEF/OTH
GENERAL ELECTRIC CO	COMMON STOCK	369604103	10076	621956	SH	DEFINED
		369604103	4402	271749	SH	DEF/OTH
GENERAL ELECTRIC CAPITAL CORP	CORPORATE BONDS	36967HAD9	1034	1000000	PRN	DEF/OTH
GENERAL MILLS INC	COMMON STOCK	370334104	578	9520	SH	DEFINED
		370334104	292	4800	SH	DEF/OTH
GLAXOSMITHKLINE PLC	FOREIGN STOCK	37733W105	420	11266	SH	DEFINED
		37733W105	161	4314	SH	DEF/OTH
HEWLETT PACKARD CO	COMMON STOCK	428236103	146	4011	SH	DEFINED
		428236103	94	2604	SH	DEF/OTH
HOME DEPOT INC	COMMON STOCK	437076102	361	15699	SH	DEFINED
		437076102	83	3589	SH	DEF/OTH
INTEL CORP	COMMON STOCK	458140100	1389	94750	SH	DEFINED
		458140100	75	5100	SH	DEF/OTH
INTERNATIONAL BUSINESS MACHINES	COMMON STOCK	459200101	580	6892	SH	DEFINED
		459200101	400	4750	SH	DEF/OTH
ISHARES	MUTUAL FUND/CORPORATE BOND	464287226	208	2000	SH	DEF/OTH
JPMORGAN CHASE & CO	COMMON STOCK	46625H100	1147	36390	SH	DEFINED
		46625H100	407	12916	SH	DEF/OTH
JACOBS ENGINEERING GROUP INC	COMMON STOCK	469814107	232	4825	SH	DEFINED
		469814107	10	200	SH	DEF/OTH
JOHNSON & JOHNSON	COMMON STOCK	478160104	5515	92178	SH	DEFINED
		478160104	648	10825	SH	DEF/OTH
JOHNSON CONTROLS INC	COMMON STOCK	478366107	250	13750	SH	DEFINED
		478366107	74	4050	SH	DEF/OTH
KRAFT FOODS INC	COMMON STOCK	50075N104	17	628	SH	DEFINED
		50075N104	805	29964	SH	DEF/OTH
ELI LILLY & CO	COMMON STOCK	532457108	594	14740	SH	DEFINED
		532457108	24	600	SH	DEF/OTH
LOWES COMPANIES INC	COMMON STOCK	548661107	361	16768	SH	DEFINED
		548661107	22	1000	SH	DEF/OTH
MEDTRONIC INC	COMMON STOCK	585055106	1505	47912	SH	DEFINED
		585055106	19	600	SH	DEF/OTH
MICROSOFT CORP	COMMON STOCK	594918104	2944	151461	SH	DEFINED
		594918104	311	16021	SH	DEF/OTH
MOTOROLA INC	COMMON STOCK	620076109	83	18645	SH	DEFINED
		620076109	3	600	SH	DEF/OTH
NBT BANCORP INC	COMMON STOCK	628778102	675	24158	SH	DEFINED
NIKE INC	COMMON STOCK	654106103	263	5150	SH	DEFINED
		654106103	10	200	SH	DEF/OTH
NUVEEN	MUTUAL	67062X101	103	10000	SH	DEF/OTH
PEPSICO INC	COMMON STOCK	713448108	3086	56348	SH	DEFINED
		713448108	345	6300	SH	DEF/OTH
PFIZER INC	COMMON STOCK	717081103	394	22235	SH	DEFINED
		717081103	179	10126	SH	DEF/OTH
PHILIP MORRIS INTERNATIONAL INC	COMMON STOCK	718172109	38	870	SH	DEFINED
		718172109	1884	43300	SH	DEF/OTH
POWERSHARES CO	MUTUAL FUND/STOCK	73935A104	818	27500	SH	DEF/OTH
PROCTER & GAMBLE	COMMON STOCK	742718109	5458	88290	SH	DEFINED
		742718109	853	13800	SH	DEF/OTH
SCHERING PLOUGH CORP	COMMON STOCK	806605101	221	12996	SH	DEFINED
SCHLUMBERGER LTD	COMMON STOCK	806857108	315	7437	SH	DEFINED

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		806857108	8	200	SH	DEF/OTH
SOUTHERN CO	COMMON STOCK	842587107	1478	39958	SH	DEFINED
		842587107	218	5900	SH	DEF/OTH
TARGET CORP	COMMON STOCK	87612E106	555	16082	SH	DEFINED
		87612E106	52	1500	SH	DEF/OTH
TEXAS INSTRUMENTS INC	COMMON STOCK	882508104	250	16130	SH	DEFINED
		882508104	8	500	SH	DEF/OTH
3M CO	COMMON STOCK	88579Y101	938	16299	SH	DEFINED
		88579Y101	272	4730	SH	DEF/OTH
TRUSTCO BANK CORP NY	COMMON STOCK	898349105	5918	622307	SH	DEFINED
		898349105	6023	633305	SH	DEF/OTH
UNITED PARCEL SERVICE	COMMON STOCK	911312106	400	7259	SH	DEFINED
		911312106	8	150	SH	DEF/OTH
UNITED TECHNOLOGIES CORP	COMMON STOCK	913017109	2880	53731	SH	DEFINED
		913017109	193	3600	SH	DEF/OTH
VERIZON COMMUNICATIONS INC	COMMON STOCK	92343V104	1807	53309	SH	DEFINED
		92343V104	293	8648	SH	DEF/OTH
WAL-MART STORES INC	COMMON STOCK	931142103	1855	33081	SH	DEFINED
		931142103	230	4100	SH	DEF/OTH
WELLS FARGO & CO NEW	COMMON STOCK	949746101	1596	54127	SH	DEFINED
		949746101	156	5300	SH	DEF/OTH
WYETH	COMMON STOCK	983024100	312	8306	SH	DEFINED
		983024100	106	2815	SH	DEF/OTH
NOBLE CORP	COMMON STOCK	G65422100	602	27250	SH	DEFINED
		G65422100	42	1900	SH	DEF/OTH