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TRUSTCO BANK CORP N Y
Form 13F-HR
July 28, 2008

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

Report for the Calendar Year or Quarter Ended: 06/30/2008

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:

Signature, Place, and Date of Signing:
/s/ Richard W. Prouost Glenville, NY 7/28/2008

[Signature] [City,State] [Date]

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

FORM 13F SUMMARY PAGE

Report Summary:

Number of Other Included Managers: 0
Form 13F Information Table Entry Total: 152
Form 13F Information Table Value Total: \$ 173,313

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.

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NONE

FORM 13F INFORMATION TABLE

NAME OF ISSUER	TITLE OF CLASS	CUSIP	VALUE (x\$1000)	SHARES/ PRN AMT	SH/ PRN	PUT/ CALL	INVSTMT DSCRETN	MA
AT&T INC	COMMON STOCK	00206R102	1815	53868	SH		DEFINED	
		00206R102	711	21103	SH		DEF/OTH	
ABBOTT LABORATORIES	COMMON STOCK	002824100	2492	47052	SH		DEFINED	
		002824100	430	8126	SH		DEF/OTH	
AIR PRODUCTS & CHEMICALS INC	COMMON STOCK	009158106	692	7000	SH		DEFINED	
ALCOA INC	COMMON STOCK	013817101	689	19350	SH		DEFINED	
		013817101	28	800	SH		DEF/OTH	
ALLSTATE CORP	COMMON STOCK	020002101	1237	27142	SH		DEFINED	
		020002101	119	2608	SH		DEF/OTH	
ALTRIA GROUP INC	COMMON STOCK	02209S103	18	870	SH		DEFINED	
		02209S103	890	43300	SH		DEF/OTH	
AMERICAN EXPRESS CO	COMMON STOCK	025816109	1006	26715	SH		DEFINED	
		025816109	321	8534	SH		DEF/OTH	
ANHEUSER BUSCH COS INC	COMMON STOCK	035229103	786	12650	SH		DEFINED	
		035229103	199	3200	SH		DEF/OTH	
APPLIED MATERIALS INC	COMMON STOCK	038222105	401	21000	SH		DEFINED	
		038222105	4	200	SH		DEF/OTH	
AUTOMATIC DATA PROCESSING INC	COMMON STOCK	053015103	843	20125	SH		DEFINED	
		053015103	54	1300	SH		DEF/OTH	
BP PLC	FOREIGN STOCK	055622104	2367	34027	SH		DEFINED	
		055622104	480	6904	SH		DEF/OTH	
BAKER HUGHES INC	COMMON STOCK	057224107	266	3050	SH		DEFINED	
		057224107	35	400	SH		DEF/OTH	
BANK OF AMERICA CORP	COMMON STOCK	060505104	982	41149	SH		DEFINED	
		060505104	415	17390	SH		DEF/OTH	
THE BANK OF NEW YORK COMPANY INC	COMMON STOCK	064058100	519	13723	SH		DEFINED	
BRISTOL-MYERS SQUIBB CO	COMMON STOCK	110122108	109	5300	SH		DEFINED	
		110122108	242	11800	SH		DEF/OTH	
CGM	MUTUAL FUND/STOCK	125325407	340	10394	SH		DEFINED	
CHEVRON CORP NEW	COMMON STOCK	166764100	4107	41434	SH		DEFINED	
		166764100	1373	13847	SH		DEF/OTH	
CISCO SYSTEMS INC	COMMON STOCK	17275R102	1474	63385	SH		DEFINED	
		17275R102	66	2850	SH		DEF/OTH	
CITIGROUP INC	COMMON STOCK	172967101	808	48211	SH		DEFINED	
		172967101	86	5142	SH		DEF/OTH	
CITIGROUP CAPITAL XVI	PREFERRED STOCK	17310L201	184	10000	SH		DEF/OTH	
COCA COLA CO	COMMON STOCK	191216100	2839	54616	SH		DEFINED	
		191216100	645	12400	SH		DEF/OTH	
COLGATE PALMOLIVE CO	COMMON STOCK	194162103	2029	29361	SH		DEFINED	
		194162103	290	4200	SH		DEF/OTH	
CURTISS WRIGHT CORP	COMMON STOCK	231561101	2879	64352	SH		DEFINED	
DISNEY WALT CO	COMMON STOCK	254687106	1476	47320	SH		DEFINED	
		254687106	226	7250	SH		DEF/OTH	
DOMINION RESOURCES INC VA NEW	COMMON STOCK	25746U109	52	1086	SH		DEFINED	
		25746U109	305	6418	SH		DEF/OTH	
DOW CHEMICAL CO	COMMON STOCK	260543103	358	10250	SH		DEFINED	

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		260543103	102	2925	SH	DEF/OTH
DU PONT E I DE NEMOURS & CO	COMMON STOCK	263534109	846	19726	SH	DEFINED
		263534109	144	3360	SH	DEF/OTH
ECOLAB INC	COMMON STOCK	278865100	353	8200	SH	DEFINED
		278865100	13	300	SH	DEF/OTH
EMERSON ELECTRIC CO	COMMON STOCK	291011104	405	8200	SH	DEFINED
		291011104	138	2800	SH	DEF/OTH
EQUITABLE RESOURCES INC	COMMON STOCK	294549100	280	4060	SH	DEFINED
EXELON CORP	COMMON STOCK	30161N101	1160	12900	SH	DEFINED
		30161N101	188	2090	SH	DEF/OTH
EXXON MOBIL CORP	COMMON STOCK	30231G102	12556	142468	SH	DEFINED
		30231G102	3017	34234	SH	DEF/OTH
FPL GROUP INC	COMMON STOCK	302571104	787	12004	SH	DEFINED
FIDELITY NEW YORK MUNICIPAL	MUTUAL	316337203	197	15830	SH	DEFINED
	FUNDS/MUNI					
	BONDS					
		316337203	84	6709	SH	DEF/OTH
FORTUNE BRANDS INC	COMMON STOCK	349631101	200	3200	SH	DEFINED
		349631101	206	3300	SH	DEF/OTH
GENERAL ELECTRIC CO	COMMON STOCK	369604103	19162	717954	SH	DEFINED
		369604103	7391	276929	SH	DEF/OTH
GENERAL MILLS INC	COMMON STOCK	370334104	440	7233	SH	DEFINED
		370334104	261	4300	SH	DEF/OTH
GENERAL MOTORS ACCEPTANCE CORP	CORPORATE BONDS	3704A0SV5	168	200000	PRN PRN	DEF/OTH
GLAXOSMITHKLINE PLC	FOREIGN STOCK	37733W105	469	10599	SH	DEFINED
		37733W105	191	4314	SH	DEF/OTH
HEWLETT PACKARD	COMMON STOCK	428236103	555	12547	SH	DEFINED
		428236103	5	104	SH	DEF/OTH
HOME DEPOT INC	COMMON STOCK	437076102	386	16499	SH	DEFINED
		437076102	49	2089	SH	DEF/OTH
ITT CORP	COMMON STOCK	450911102	253	4000	SH	DEFINED
INTEL CORP	COMMON STOCK	458140100	2215	103116	SH	DEFINED
		458140100	133	6200	SH	DEF/OTH
INTERNATIONAL BUSINESS	COMMON STOCK	459200101	4734	39942	SH	DEFINED
MACHINES						
		459200101	456	3850	SH	DEF/OTH
JPMORGAN CHASE & CO	COMMON STOCK	46625H100	1203	35050	SH	DEFINED
		46625H100	464	13516	SH	DEF/OTH
JACOBS ENGINEERING GROUP INC	COMMON STOCK	469814107	359	4450	SH	DEFINED
		469814107	16	200	SH	DEF/OTH
JOHNSON & JOHNSON	COMMON STOCK	478160104	6173	95942	SH	DEFINED
		478160104	606	9425	SH	DEF/OTH
JOHNSON CONTROLS INC	COMMON STOCK	478366107	456	15900	SH	DEFINED
		478366107	116	4050	SH	DEF/OTH
KEYCORP	COMMON STOCK	493267108	739	67316	SH	DEFINED
KRAFT FOODS INC	COMMON STOCK	50075N104	17	602	SH	DEFINED
		50075N104	852	29964	SH	DEF/OTH
ELI LILLY & CO	COMMON STOCK	532457108	646	14000	SH	DEFINED
		532457108	28	600	SH	DEF/OTH
LINCOLN NATIONAL CORP IN	COMMON STOCK	534187109	275	6064	SH	DEFINED
		534187109	127	2800	SH	DEF/OTH
LOWES COMPANIES INC	COMMON STOCK	548661107	385	18575	SH	DEFINED
		548661107	50	2400	SH	DEF/OTH
MCGRAW HILL COS INC	COMMON STOCK	580645109	273	6800	SH	DEFINED
		580645109	40	1000	SH	DEF/OTH
MEDTRONIC INC	COMMON STOCK	585055106	2604	50326	SH	DEFINED
		585055106	47	900	SH	DEF/OTH
MICROSOFT CORP	COMMON STOCK	594918104	4838	175874	SH	DEFINED
		594918104	468	17021	SH	DEF/OTH
MONSANTO CO NEW	COMMON STOCK	61166W101	6	50	SH	DEFINED
		61166W101	198	1564	SH	DEF/OTH
MOTOROLA INC	COMMON STOCK	620076109	143	19495	SH	DEFINED

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		620076109	4	600	SH	DEF/OTH
NBT BANCORP INC	COMMON STOCK	628778102	498	24158	SH	DEFINED
NIKE INC	COMMON STOCK	654106103	298	5000	SH	DEFINED
		654106103	12	200	SH	DEF/OTH
PEPSICO INC	COMMON STOCK	713448108	3737	58772	SH	DEFINED
		713448108	401	6300	SH	DEF/OTH
PFIZER INC	COMMON STOCK	717081103	507	29047	SH	DEFINED
		717081103	179	10226	SH	DEF/OTH
PHILIP MORRIS INTERNATIONAL INC	COMMON STOCK	718172109	43	870	SH	DEFINED
		718172109	2139	43300	SH	DEF/OTH
PRIVATE EXPORT FUNDING CORP	CORPORATE BONDS	742651DC3	258	250000	PRN SH	DEFINED
PROCTER & GAMBLE CO	COMMON STOCK	742718109	5517	90728	SH	DEFINED
		742718109	803	13200	SH	DEF/OTH
ROCHESTER FUND MUNICIPALS INC	MUTUAL FUNDS/MUNI BONDS	771362100	374	22446	SH	DEFINED
SLM CORP	CORPORATE BONDS	78490FKQ1	259	400000	PRN PRN	DEF/OTH
SCHERING PLOUGH CORP	COMMON STOCK	806605101	270	13700	SH	DEFINED
SCHLUMBERGER LTD	COMMON STOCK	806857108	806	7500	SH	DEFINED
		806857108	43	400	SH	DEF/OTH
SOUTHERN CO	COMMON STOCK	842587107	2761	79058	SH	DEFINED
		842587107	203	5800	SH	DEF/OTH
TARGET CORP	COMMON STOCK	87612E106	793	17050	SH	DEFINED
		87612E106	93	2000	SH	DEF/OTH
TEXAS INSTRUMENTS INC	COMMON STOCK	882508104	474	16830	SH	DEFINED
		882508104	14	500	SH	DEF/OTH
3M CO	COMMON STOCK	88579Y101	1145	16449	SH	DEFINED
		88579Y101	329	4730	SH	DEF/OTH
TRUSTCO BANK CORP NY	COMMON STOCK	898349105	7193	969383	SH	DEFINED
		898349105	5096	686851	SH	DEF/OTH
UNITED PARCEL SERVICE	COMMON STOCK	911312106	456	7425	SH	DEFINED
		911312106	9	150	SH	DEF/OTH
UNITED TECHNOLOGIES CORP	COMMON STOCK	913017109	3413	55309	SH	DEFINED
		913017109	216	3500	SH	DEF/OTH
UNITRIN INC	COMMON STOCK	913275103	6219	225568	SH	DEFINED
VANGUARD CALIFORNIA TAX FREE FUNDS/MUNI BONDS	MUTUAL	922021308	338	31552	SH	DEFINED
VANGUARD NEW YORK TAX FREE FUNDS	MUTUAL FUNDS/MUNI BONDS	92204H103	165	15285	SH	DEFINED
VANGUARD NEW YORK TAX FREE FUNDS	MUTUAL FUNDS/MUNI BONDS	92204H301	3667	339523	SH	DEFINED
		92204H301	347	32117	SH	DEF/OTH
VERIZON COMMUNICATIONS INC	COMMON STOCK	92343V104	1978	55876	SH	DEFINED
		92343V104	350	9898	SH	DEF/OTH
WAL-MART STORES INC	COMMON STOCK	931142103	1864	33174	SH	DEFINED
		931142103	180	3200	SH	DEF/OTH
WELLS FARGO & CO NEW	COMMON STOCK	949746101	1268	53405	SH	DEFINED
		949746101	135	5700	SH	DEF/OTH
WYETH	COMMON STOCK	983024100	427	8900	SH	DEFINED
		983024100	135	2815	SH	DEF/OTH
NOBLE CORP		G65422100	1518	23375	SH	DEFINED
		G65422100	19	300	SH	DEF/OTH