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

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): August 5, 2009 (August 5, 2009)

Triangle Capital Corporation

(Exact name of registrant as specified in its charter)

Maryland _____ (State or other jurisdiction of incorporation)	001-33130 _____ (Commission File Number)	06-1798488 _____ (IRS Employer Identification No.)
3700 Glenwood Avenue, Suite 530, Raleigh, North Carolina _____ (Address of principal executive offices)		27612 _____ (Zip Code)

(919) 719-4770

Registrant's telephone number, including area code:

Not Applicable

(Former name or former address, if changed since last report.)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2 below):

- Written Communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
 - Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
 - Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
 - Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))
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Item 2.02 Results of Operations and Financial Condition.

On August 5, 2009, Triangle Capital Corporation (the "Company") issued a press release announcing its financial results for the quarter ended June 30, 2009. A copy of the press release is furnished as Exhibit 99.1 to this Current Report on Form 8-K and is incorporated herein by reference.

The information in these Items 2.02 and 7.01 of Form 8-K, and Exhibit 99.1 attached hereto, are being furnished by the Company in satisfaction of the public disclosure requirements of Regulation FD and Item 2.02 of Form 8-K, insofar as they disclose historical information regarding the Company's results of operations or financial condition as of and for the quarter ended June 30, 2009.

In accordance with General Instructions B.2 and B.6 of Form 8-K, the information included in these Items 2.02 and 7.01, and Exhibit 99.1, shall not be deemed to be "filed" for purposes of Section 18 of the Securities Exchange Act of 1934, as amended (the "Exchange Act"), or otherwise subject to the liabilities of that Section, nor shall such information be deemed incorporated by reference into any filing made by the Company under the Securities Act of 1933, as amended, or the Exchange Act.

Item 5.02. Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements of Certain Officers.

(d) Election of a new director.

On August 5, 2009, our Board voted to elect Mark M. Gambill as a new director to fill the vacancy created by the resignation of Thomas M. Garrott in August 2008. Mr. Gambill's election is effective immediately. Mr. Gambill will serve as a director for the remainder of the 2009-2010 term and until his respective successor is duly elected and qualified at the Company's annual meeting of stockholders in 2010.

Mr. Gambill will serve as a member of our Nominating and Corporate Governance Committee, where he will replace Sherwood H. Smith, Jr. He is a co-founder and current Chairman of Cary Street Partners, a financial advisory and wealth management firm. Mr. Gambill also serves on the Board of Directors of Speedway Motorsports, Inc., where he is Chairman of its audit committee and a member of its compensation committee. He also serves on the Board of Directors of NewMarket Corporation and is a member of its audit committee. Mr. Gambill graduated *summa cum laude* from Hampden-Sydney College in Virginia.

Mr. Gambill's compensation for his services as a director will be consistent with that of the other non-employee directors at the Company, as described in the Company's definitive proxy statement with respect to its 2009 annual meeting of stockholders filed with the Securities and Exchange Commission on March 30, 2009. There are no other arrangements or understandings between Mr. Gambill and any other person pursuant to which he was elected as a director, and Mr. Gambill is not a party to any transaction with the Company that would require disclosure under Item 404(a) of Regulation S-K.

The Company issued a press release on August 5, 2009 announcing Mr. Gambill's election. The text of the press release is filed as Exhibit 99.2 to this Current Report on Form 8-K.

Item 7.01. Regulation FD Disclosure.

The disclosure contained in Item 2.02 is incorporated herein by reference.

Item 9.01. Financial Statements and Exhibits.

(d) Exhibits

The following Exhibit 99.1 is being furnished herewith to this Current Report on Form 8-K and Exhibit 99.2 is being filed herewith to this Current Report on Form 8-K:

<u>Exhibit No.</u>	<u>Description</u>
99.1	Press Release dated August 5, 2009 of the Company
99.2	Press Release dated August 5, 2009 of the Company

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Triangle Capital Corporation

Dated: August 5, 2009

By: /s/ Steven C. Lilly

Steven C. Lilly
Chief Financial Officer

EXHIBIT INDEX

Exhibit No.	Description
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99.2	Press Release dated August 5, 2009 of the Company



3700 Glenwood Ave., Ste. 530
Raleigh, NC 27612

TRIANGLE CAPITAL CORPORATION REPORTS SECOND QUARTER 2009 RESULTS

RALEIGH, NC — August 5, 2009, Triangle Capital Corporation (NASDAQ: TCAP) (“Triangle” or the “Company”), a leading specialty finance company that provides customized financing solutions to lower middle market companies located throughout the United States, today announced its financial results for the second quarter of 2009.

Commenting on the quarter, Garland S. Tucker, III, President and CEO, stated, “Given the economic challenges that have persisted for much of the last year, we are very pleased with our financial results during the second quarter. As the economy continues to stabilize, we anticipate that there will be significant opportunities to make very good long term investments in companies operating in the lower middle market.”

Second Quarter 2009 Results

Total investment income during the second quarter of 2009 was \$6.6 million, compared to total investment income of \$5.0 million for the second quarter of 2008, representing an increase of 31.0%. The Company’s increase in investment income is primarily attributable to new portfolio investments made during 2008 and 2009 which resulted in an increase in total loan interest, fee, dividend and paid-in-kind income of approximately \$1.5 million.

Net investment income during the second quarter of 2009 was \$3.2 million, compared to net investment income of \$2.5 million for the second quarter of 2008, representing an increase of 27.8%. Net investment income per share during the second quarter of 2009 was \$0.41 compared to \$0.37 during the second quarter of 2008.

The Company’s net decrease in net assets resulting from operations was \$2.9 million during the second quarter of 2009, as compared to a net increase in net assets resulting from operations of \$2.8 million during the second quarter of 2008. The Company’s net decrease in net assets resulting from operations was \$0.36 per share during the second quarter of 2009 as compared to a net increase in net assets resulting from operations of \$0.41 per share during the second quarter of 2008.

The Company’s net asset value per share at June 30, 2009, was \$11.31, as compared to \$12.46 per share at March 31, 2009. As of June 30, 2009, the Company’s weighted average yield on all of its outstanding debt investments was approximately 14.3%.

Liquidity and Capital Resources

At June 30, 2009, the Company had cash and cash equivalents totaling \$35.9 million. On April 27, 2009, Triangle received net proceeds from the public offering of 1,200,000 shares of its common stock totaling approximately \$11.7 million. Additionally, in connection with the exercise of an 80,000 share overallotment option, the Company received net proceeds of approximately \$800,000 on May 27, 2009.

As of June 30, 2009, the Company had non-callable, 10-year, fixed rate Small Business Administration ("SBA") guaranteed debentures totaling \$115.1 million. The Company has the ability to issue additional SBA-guaranteed debentures of \$34.9 million under its existing SBIC license. In addition, the Company has initiated the process to apply for a second SBIC license, which would allow the Company to issue up to an additional \$75.0 million in SBA-guaranteed debentures.

Dividend Information

On June 18, 2009, Triangle announced that its board of directors had declared a cash dividend of \$0.40 per share. This was the Company's tenth consecutive quarterly dividend since its initial public offering in February, 2007, and reflected a 14.3% increase over the same quarter in 2008. The dividend was payable as follows:

Record Date: July 9, 2009

Payment Date: July 23, 2009

Triangle has adopted a dividend reinvestment plan ("DRIP") that provides for reinvestment of dividends on behalf of its stockholders, unless a stockholder elects to receive cash. As a result, when the Company declares a cash dividend, stockholders who have not opted out of the DRIP will have their cash dividends automatically reinvested in additional shares of the Company's common stock, rather than receiving cash dividends.

When the Company declares and pays dividends, it determines the allocation of the distribution between current income, accumulated income and return of capital on the basis of accounting principles generally accepted in the United States ("GAAP"). At each year end, the Company is required for tax purposes to determine the dividend allocation based on tax accounting principles. Due to differences between GAAP and tax accounting principles, the portion of each dividend distribution that is ordinary income, capital gain or return of capital may differ for GAAP and tax purposes.

Recent Portfolio Activity

The Company made no new investments during the second quarter of 2009 and made one subordinated debt investment of \$7.5 million subsequent to quarter end. During the three months ended June 30, 2009, Triangle exited one investment and recapitalized an existing investment. Significant transactions during the quarter are summarized as follows:

On June 1, 2009, Triangle recognized a gain of approximately \$1.8 million, or approximately \$0.22 per share, in connection with the sale of its warrant position in APO Newco, LLC ("APO"). Triangle's original investment in APO on April 2, 2007, was comprised of \$4.25 million in subordinated debt with warrants. APO previously repaid Triangle's subordinated debt investment in full. The total investment yielded an internal rate of return of approximately

37.4%. APO is a niche provider of commercial and consumer marketing products based in Bartlett, Tennessee.

Triangle's investment in Assurance Operations Corporation ("Assurance") was recapitalized on June 11, 2009. Assurance repaid \$1.0 million of Triangle's \$4.0 million outstanding debt investment in exchange for a note in the principal amount of approximately \$2.0 million. Triangle realized a \$0.9 million loss as a result of the transaction. Triangle continues to own an equity stake in Assurance of approximately \$0.3 million. Assurance, based in Lawrenceburg, Tennessee, designs and fabricates custom racking products for the automotive industry, and provides light to medium duty stamping for a variety of industries.

Subsequent to quarter end, on July 30, 2009, Triangle made a \$7.5 million subordinated debt investment in Frozen Specialties, Inc. ("FSI"). FSI is a leading manufacturer of private label frozen pizzas and pizza bites, sold primarily through the retail grocery channel.

About Triangle Capital Corporation

Triangle Capital Corporation (www.TCAP.com) is a specialty finance company organized to provide customized financing solutions to lower middle market companies located throughout the United States. Triangle's investment objective is to seek attractive returns by generating current income from debt investments and capital appreciation from equity related investments. Triangle's investment philosophy is to partner with business owners, management teams and financial sponsors to provide flexible financing solutions to fund growth, changes of control, or other corporate events. Triangle typically invests \$5.0 — \$15.0 million per transaction in companies with annual revenues between \$20.0 and \$75.0 million and EBITDA between \$2.0 and \$20.0 million.

Triangle has elected to be treated as a business development company under the Investment Company Act of 1940 ("1940 Act"). Triangle is required to comply with a series of regulatory requirements under the 1940 Act as well as applicable NASDAQ, federal and state laws and regulations. Triangle has elected to be treated as a regulated investment company under the Internal Revenue Code of 1986. Failure to comply with any of the laws and regulations that apply to Triangle could have a material adverse effect on Triangle and its shareholders.

This press release may contain forward-looking statements within the meaning of the Private Securities Litigation Reform Act of 1995. Any such statements, other than statements of historical fact, are likely to be affected by other unknowable future events and conditions, including elements of the future that are or are not under the Company's control, and that the Company may or may not have considered; accordingly, such statements cannot be guarantees or assurances of any aspect of future performance. Actual developments and results are highly likely to vary materially from these estimates and projections of the future. Such statements speak only as of the time when made, and the Company undertakes no obligation to update any such statement now or in the future.

Contacts

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Steven C. Lilly
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TRIANGLE CAPITAL CORPORATION
Consolidated Balance Sheets

	June 30, 2009 (Unaudited)	December 31, 2008
Assets		
Investments at fair value:		
Non-Control / Non-Affiliate investments (cost of \$143,054,257 and \$138,413,589 at June 30, 2009 and December 31, 2008, respectively)	\$132,456,893	\$135,712,877
Affiliate investments (cost of \$30,912,348 and \$30,484,491 at June 30, 2009 and December 31, 2008, respectively)	33,012,463	33,894,556
Control investments (cost of \$11,429,721 and \$11,253,458 at June 30, 2009 and December 31, 2008, respectively)	11,025,921	12,497,858
Total investments at fair value	176,495,277	182,105,291
Cash and cash equivalents	35,918,700	27,193,287
Interest and fees receivable	520,411	679,828
Prepaid expenses and other current assets	226,845	95,325
Deferred financing fees	3,367,100	3,545,410
Property and equipment, net	36,879	48,020
Total assets	\$216,565,212	\$213,667,161
Liabilities		
Accounts payable and accrued liabilities	\$ 1,023,659	\$ 1,608,909
Interest payable	2,242,908	1,881,761
Deferred revenue	37,500	—
Dividends payable	3,333,177	2,766,945
Taxes payable	24,899	30,436
Deferred income taxes	512,707	843,947
SBA guaranteed debentures payable	115,110,000	115,110,000
Total liabilities	122,284,850	122,241,998
Net Assets		
Common stock, \$0.001 par value per share (150,000,000 shares authorized, 8,332,942 and 6,917,363 shares issued and outstanding as of June 30, 2009 and December 31, 2008, respectively)	8,333	6,917
Additional paid-in capital	100,628,226	87,836,786
Investment income in excess of distributions	2,205,265	2,115,157
Accumulated realized gains on investments	852,293	356,495
Net unrealized appreciation (depreciation) of investments	(9,413,755)	1,109,808
Total net assets	94,280,362	91,425,163
Total liabilities and net assets	\$216,565,212	\$213,667,161
Net asset value per share	\$ 11.31	\$ 13.22

TRIANGLE CAPITAL CORPORATION
Unaudited Consolidated Statements of Operations

	Three Months Ended June 30, 2009	Three Months Ended June 30, 2008	Six Months Ended June 30, 2009	Six Months Ended June 30, 2008
Investment income:				
Loan interest, fee and dividend income:				
Non-Control / Non-Affiliate investments	\$ 4,210,128	\$ 2,797,958	\$ 8,401,748	\$ 4,719,727
Affiliate investments	909,035	886,815	1,840,871	1,635,581
Control investments	243,021	391,761	480,978	879,195
Total loan interest, fee and dividend income	5,362,184	4,076,534	10,723,597	7,234,503
Paid-in-kind interest income:				
Non-Control / Non-Affiliate investments	790,578	572,169	1,610,520	868,805
Affiliate investments	203,775	170,962	378,036	313,514
Control investments	82,955	130,912	164,078	260,307
Total paid-in-kind interest income	1,077,308	874,043	2,152,634	1,442,626
Interest income from cash and cash equivalent investments				
	136,911	69,514	204,672	206,946
Total investment income	6,576,403	5,020,091	13,080,903	8,884,075
Expenses:				
Interest expense	1,730,575	898,995	3,387,566	1,460,810
Amortization of deferred financing fees	87,649	56,028	178,310	96,169
General and administrative expenses	1,508,882	1,522,626	3,228,148	2,870,959
Total expenses	3,327,106	2,477,649	6,794,024	4,427,938
Net investment income	3,249,297	2,542,442	6,286,879	4,456,137
Net realized gains on investments — Non-Control/Non-Affiliate				
	848,164	—	848,164	—
Net unrealized appreciation (depreciation) of investments				
	(6,918,419)	381,815	(10,523,563)	(640,068)
Total net gain (loss) on investments before income taxes				
	(6,070,255)	381,815	(9,675,399)	(640,068)
Income tax expense				
	30,899	75,750	46,694	202,171
Net increase (decrease) in net assets resulting from operations				
	\$ (2,851,857)	\$ 2,848,507	\$ (3,435,214)	\$ 3,613,898
Net investment income per share — basic and diluted				
	\$ 0.41	\$ 0.37	\$ 0.84	\$ 0.65
Net increase (decrease) in net assets resulting from operations per share — basic and diluted				
	\$ (0.36)	\$ 0.41	\$ (0.46)	\$ 0.53
Dividends declared per common share				
	\$ 0.40	\$ 0.31	\$ 0.80	\$ 0.31
Distributions of capital gains declared per common share				
	\$ —	\$ —	\$ 0.05	\$ —
Weighted average number of shares outstanding — basic and diluted				
	7,924,772	6,871,215	7,463,653	6,837,539

TRIANGLE CAPITAL CORPORATION
Unaudited Consolidated Statements of Cash Flows

	Six Months Ended June 30, 2009	Six Months Ended June 30, 2008
Cash flows from operating activities:		
Net increase (decrease) in net assets resulting from operations	\$ (3,435,214)	\$ 3,613,898
Adjustments to reconcile net increase (decrease) in net assets resulting from operations to net cash provided by (used in) operating activities:		
Purchases of portfolio investments	(9,193,735)	(57,312,359)
Repayments received/sales of portfolio investments	6,791,961	4,620,159
Loan origination and other fees received	175,000	1,091,996
Net realized gain on investments	(848,164)	—
Net unrealized depreciation of investments	10,854,802	271,828
Deferred income taxes	(331,240)	368,240
Paid-in-kind interest accrued, net of payments received	(1,655,206)	(1,389,162)
Amortization of deferred financing fees	178,310	96,169
Recognition of loan origination and other fees	(310,902)	(210,778)
Accretion of loan discounts	(203,742)	(49,631)
Depreciation expense	11,141	6,813
Stock-based compensation	323,295	64,424
Changes in operating assets and liabilities:		
Interest and fees receivable	159,417	(154,831)
Prepaid expenses	(131,520)	(113,512)
Accounts payable and accrued liabilities	(585,250)	(406,480)
Interest payable	361,147	386,259
Deferred revenue	37,500	—
Taxes payable	(5,537)	(52,598)
Net cash provided by (used in) operating activities	2,192,063	(49,169,565)
Cash flows from investing activities:		
Purchases of property and equipment	—	(12,558)
Net cash used in investing activities	—	(12,558)
Cash flows from financing activities:		
Borrowings under SBA guaranteed debentures payable	—	52,100,000
Financing fees paid	—	(1,813,425)
Proceeds from common stock offering, net of expenses	12,536,461	—
Common stock withheld for payroll taxes upon vesting of restricted stock	(66,900)	—
Cash dividends paid	(5,583,845)	(4,185,541)
Cash distributions paid	(352,366)	—
Net cash provided by financing activities	6,533,350	46,101,034
Net increase (decrease) in cash and cash equivalents	8,725,413	(3,081,089)
Cash and cash equivalents, beginning of period	27,193,287	21,787,750
Cash and cash equivalents, end of period	\$ 35,918,700	\$ 18,706,661
Supplemental disclosure of cash flow information:		
Cash paid for interest	\$ 3,026,419	\$ 1,074,552



3700 Glenwood Ave., Ste. 530
Raleigh, NC 27612

**TRIANGLE CAPITAL CORPORATION ANNOUNCES THE
APPOINTMENT OF NEW DIRECTOR**

RALEIGH, NC — August 5, 2009, Triangle Capital Corporation (NASDAQ: TCAP) (“Triangle” or the “Company”), a leading specialty finance company that provides customized financing solutions to lower middle market companies located throughout the United States, is pleased to announce that Mark M. Gambill has joined the Company’s board as an independent director. In addition to serving on the board, Mr. Gambill has been appointed to Triangle’s Nominating and Corporate Governance Committee.

“Mark will make an excellent addition to our board. His prior business experiences and his deep knowledge of the lower middle market will enable Mark to make a meaningful contribution toward Triangle’s goal of becoming the premier provider of capital to the lower middle market. His experience fully meets the criteria we established and we are very pleased he has accepted our invitation to serve,” commented Garland S. Tucker, III, President and CEO of Triangle.

Mr. Gambill is a co-founder and current Chairman of Cary Street Partners, a Richmond, Virginia based advisory and wealth management firm. From 1972 to 1999, Mr. Gambill was employed by Wheat First Butcher Singer (“Wheat”). He served as head of Wheat’s capital markets group in the late 1980s, where he was responsible for investment banking, public finance, taxable fixed income, municipal sales and trading, equity sales, trading and research. He became President of Wheat in 1996. Wheat merged with First Union Corporation in January 1998. Subsequent to Wheat’s merger with First Union, Mr. Gambill served as President of Wheat First Union. He later was named Head of Equity Capital Markets of Wheat First Union. He currently serves on the Board of Directors of Speedway Motorsports, Inc. (NYSE: TRK) where he is Chairman of its audit committee and a member of its compensation committee. Mr. Gambill is also a director of NewMarket Corporation (NYSE: NEU) and serves on its audit committee. Mr. Gambill graduated summa cum laude from Hampden-Sydney College.

About Triangle Capital Corporation

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Triangle has elected to be treated as a business development company under the Investment Company Act of 1940 ("1940 Act"). Triangle is required to comply with a series of regulatory requirements under the 1940 Act as well as applicable NASDAQ, federal and state laws and regulations. Triangle has elected to be treated as a regulated investment company under the Internal Revenue Code of 1986. Failure to comply with any of the laws and regulations that apply to Triangle could have a material adverse effect on Triangle and its shareholders.

This press release may contain forward-looking statements within the meaning of the Private Securities Litigation Reform Act of 1995. Any such statements, other than statements of historical fact, are likely to be affected by other unknowable future events and conditions, including elements of the future that are or are not under the Company's control, and that the Company may or may not have considered; accordingly, such statements cannot be guarantees or assurances of any aspect of future performance. Actual developments and results are highly likely to vary materially from these estimates and projections of the future. Such statements speak only as of the time when made, and the Company undertakes no obligation to update any such statement now or in the future.

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