FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL							
OMB Number:	3235-0287						
Estimated average burden							
hours per response:	0.5						

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Name and Address of Reporting Person* Dunwoody W McComb						2. Issuer Name and Ticker or Trading Symbol Triangle Capital CORP [TCAP]									ionship of Reporting Person(s all applicable) Director			(s) to Issuer 10% Owner	
(Last)	(First)	`	ddle)		3. Date of Earliest Transaction (Month/Day/Year) 04/14/2009										Officer (give title below)			Other (specify below)	
3700 GLENWOOD AVENUE SUITE 530				4. If <i>F</i>	4. If Amendment, Date of Original Filed (Month/Day/Year)									Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person					
(Street) RALEIGH	NC	27	612												Form file	d by More	than C	ne Reportin	ig Person
(City)	(State)	(Zi	o)																
		Та	ble I - No	n-Der	ivativ	e S	ecuritie	s Acq	uired,	Disp	osed of,	, or	Benefi	cially Ow	ned				
Date			ansaction th/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)		3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and				5. Amount of Securities Beneficially Owned Following Reported Transaction(s)		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership		
									v	Amount		(A) or (D)	Price	(Instr. 3 an				(Instr. 4)	
Common Stock 04/14				14/2009				S ⁽¹⁾		1,000		D	\$10.82(2)	153,	028		D		
Common Stock 04/15				5/2009				S ⁽¹⁾		1,000		D	\$10.94(3)	152,028			D		
Common Stock 04/16				16/2009				S ⁽¹⁾		2,000		D	\$11.29(4)	150,028			D		
			Table II -								sed of, o				ed				
1. Title of Derivative Security (Instr. 3)	curity (Instr. 3) Conversion or Exercise Price of Derivative Security Date (Month/Day/Year) if any (Month/Day/Year)						5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		Exercion Da /Day/Y	ear)			derlying curity	8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficial Owned Following Reported Transactio (Instr. 4)	Owi Fori Dire or Ii (I) (I	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	

Explanation of Responses:

- 1. The sales reported on this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on March 18, 2009.
- 2. This reported price represents an average of sales prices, ranging from \$10.74 to \$10.89 per share.
- 3. This reported price represents an average of sales prices, ranging from \$10.91 to \$10.97 per share.
- $4. \ This \ reported \ price \ represents \ an \ average \ of \ sales \ prices, \ ranging \ from \ \$11.13 \ to \ \$11.44 \ per \ share.$

Remarks:

Robert C. Humphreys, Attorney-in-Fact for W.

04/16/2009

McComb Dunwoody

** Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- * If the form is filed by more than one reporting person, see Instruction 4 (b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.