FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL								
OMB Number:	3235-0287							
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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]									tionship of F all applicab Director		Person(s) to Issuer 10% Owner		
(Last)	(First)	,	ddle)			3. Date of Earliest Transaction (Month/Day/Year) 06/25/2009									Officer (give title below)			Other (s	
3700 GLENWOOD AVENUE SUITE 530				4. If A	4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Indiv	Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person					
(Street) RALEIGH	NC	27	612												Form file	d by More	than C	ne Reportin	g Person
(City)	(State)	(Zi	0)																
		Та	ble I - No	n-Dei	rivativ	e S	ecuriti	es Acq	uired,	Disp	osed of,	, or l	Benefi	cially Ow	ned				
Date			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				Securities Beneficiall Following	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)		nership : Direct (D) lirect (I) . 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
									Code	v	Amount		(A) or (D)	Price	(Instr. 3 an				(111301.4)
Common Stock 06/25				25/2009				S ⁽¹⁾		1,000		D	\$10.28	145,981			D		
Common Stock 06/26				26/2009				S ⁽¹⁾		1,000		D	\$10.61 ⁽²⁾	144,	l,981		D		
Common Stock 06/29				29/2009				S ⁽¹⁾		2,000	D \$		\$11.37	142,981			D		
			Table II - I (sed of, o				ed				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)		4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exerc Expiration Da (Month/Day/\)		ate	Seci Deri	itle and A curities Ur ivative Se str. 3 and 4	derlying curity	8. Price of Derivative Security (Instr. 5)	9. Numbe derivative Securities Beneficia Owned Following Reported Transacti (Instr. 4)	e s Illy	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
	Code V ((A)	(D)	Date Exercisable		Expiration Date	n or Nu		or Number of Shares		, ,						

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 \$10.50 to \$10.71 per share.

Remarks:

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

06/29/2009

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.