FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL									
OMB Number:	3235-0287								
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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

(Last) (First) (Middle) 3700 GLENWOOD AVENUE, SUITE 530	1. Name and Address of Reporting Person* Poole E. Ashton				Tria	2. Issuer Name and Ticker or Trading Symbol Triangle Capital CORP [TCAP]									tionship of F all applicab Director	,		s) to Issuer	vner	
A. If Amendment, Date of Original Filed (Month/Day/Year) A. If Amendment, Date of Orig	(Last)	(First)	(Mi	iddle)		3. Date of Earliest Transaction (Month/Day/Year) 05/09/2016									X		ive title			specify
Common Stock OS/09/2016 O	3700 GLENWOOD AVENUE, SUITE 530															President and CEO				
Table I - Non-Derivative Securities Acquired (A) or Disposed of Or Beneficially Owned Securities Acquired (A) or Disposed of O	, ,	NC	27	'612		4. If Ar	4. If Amendment, Date of Original Filed (Month/Day/Year)									X Form filed by One Reporting Person				
1. Title of Security (Instr. 3)	(City)	(State)	(Zi	p)																
Date Month/Day/Year Mon		Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																		
Common Stock O5/09/2016 Price O5/09/2016 Price O5/09/2016 Price O5/09/2016 O5/	Dat				Date	Date		Execution Date, if any		Transaction Code (Instr.		4. Securities Acquired (A) or D Of (D) (Instr. 3, 4 and 5)) or Dis	Securities Beneficially Following F		y Owned or Inc Reported (Insti		Direct (D) rect (I) 4)	Indirect Beneficial Ownership
Common Stock 05/09/2016 P 4,300 A \$17.7036 170,083 D By spouse (for son) Common Stock 05/09/2016 P 1,150 A \$17.41 1,666 I By spouse (for son) Table II - Derivative Securities Acquired Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 1. Title of Derivative Security (Instr. 3) Conversion Security (Instr. 3) Price of Derivative Security (Month/Day/Year) Execution Date of Derivative Security (Instr. 3) A Deemed (Month/Day/Year) Execution Date of Derivative Security (Instr. 3) (Instr. 4)							Code	v	Amount	(A) or (D)	Price	//		n(s) d 4)			(Instr. 4)			
Common Stock 05/09/2016 P 1,150 A \$17.41 1,666 I spouse (for son) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 1. Title of Derivative Security (Instr. 3) 2. Conversion or Exercise (Month/Day/Year) P 1,150 A \$17.45 1,666 I spouse (for daughter) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 1. Title of Derivative Securities (Month/Day/Year) 1. Title of Derivative Securities (Month/Day/Year) 1. Title of Derivative Securities (Month/Day/Year) 2. Conversion or Exercise (Month/Day/Year) 1. Title of Derivative Securities (Month/Day/Year) 2. Code (Instr. 3) 3. A Deemed Execution Date, if any (Month/Day/Year) 4. Transaction Securities (Expiration Date Securities Securities) 4. Transaction Date Securities S	Common Stoc	k			05/09	/2016				Р		22,000	Α	\$17.	7.8286 1		,783		D	
Common Stock O5/09/2016 P	Common Stock 05/0				05/09	/2016				Р		4,300	А	\$17.	7.7036 170,083		083	D		
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 1. Title of Derivative Security (Instr. 3) Price of Derivative Security (Security Security (Instr. 3, 4 and 5) 1. Title of Derivative Security (Instr. 3, 4 and 5) 2. Conversion or Exercise Derivative Security (Instr. 3 and 4) 2. Conversion or Exercise Month/Day/Year) Securities (Month/Day/Year) Securities (Instr. 4) 2. Conversion or Exercise (Instr. 4) 3. Transaction Date (Expiration Date (Month/Day/Year) Securities Underlying Derivative Security (Instr. 3 and 4) 3. Price of Derivative Security (Instr. 4) 3. Price of Derivative Securities (Month/Day/Year) Securities Underlying Derivative Security (Instr. 4) 3. Price of Derivative Security (Instr. 3) 4. Amount or Number of Securities Underlying Derivative Security (Instr. 4) 5. Number of Securities Underlying Derivative Securities (Instr. 4) 6. Date Expiration Date (Month/Day/Year) 7. Title and Amount of Securities Underlying Derivative Securities (Instr. 4) 8. Price of Derivative Security (Instr. 3) 9. Number of Derivative Securities (Instr. 4) 9. Number of Securities Underlying Derivative Securities (Instr. 4) 9. Number of Derivative Securities (Instr. 4) 9. Number of Securities Underlying Derivative Securities (Instr. 4) 9. Number of Securities Underlying Derivative Securities (Instr. 4) 9. Number of Securities Underlying Derivative Securities (Instr. 4) 9. Number of Securities Underlying Derivative Securities (Instr. 4) 9. Number of Securities Underlying Derivative Security (Instr. 3) 9. Number of Securities Underlying Derivative Security (Instr. 3) 1. Nature of Expiration Date (Instr. 4) 1. Nature of Securities Underlying Derivative Security (Instr. 3) 1. Nature of Securities Underlying Derivative Security (Instr. 3) 1. Nature of Securities Underlying Derivative Security (Instr. 4) 1.	Common Stock 05/09)/2016				Р		1,150	А	\$17	7.41	1,666			1	spouse	
1. Title of Derivative Security (Instr. 3) Price of Derivative Security (Security Security Se	Common Stock 05/09,					/2016				Р		1,150	А	\$17	7.45	1,6	66	i6 I		spouse (for
1. Title of Derivative Security (Instr. 3) Conversion or Exercise of Derivative Security (Security Security Sec																				
Code V (A) (D) Date Expiration Date Title Of Shares (Instr. 4)	Derivative	crivative Conversion or Exercise Price of Derivative Conversion or Exercise (Month/Day/Year) (Month/Day/Year)		Execution if any	ed Date,	4. Transacti Code (Ins	on	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4		6. Date Exer Expiration D (Month/Day/		cisable and ate	Securities Underl Derivative Securi		ing	Derivative Security	derivative Securities Beneficially Owned Following Reported	e s lly	Ownership Form: Direct (D) or Indirect	of Indirect Beneficial Ownership
					Code	v	(A)	(D)				Title	or Num	ber						

Remarks:

Harry S. Pangas, attorney-infact for E. Ashton Poole

05/09/2016

** 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.