## FORM 4

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

OMB APPR	OVAL
OMB Number:	3235-0287
Estimated average	burden
nours per respons	e 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 OF SECURITIES

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

Response	~)														
1. Name and Address of Reporting Person *- LILLY STEVEN C			2. Issuer Name and Ticker or Trading Symbol Triangle Capital CORP [TCAP]						5. Relationship of Reporting Person(s) to Issuer (Check all applicable)						
NWOOD	(First) AVENUE, S	(Middle) SUITE 530	3. Date of Earliest Transaction (Month/Day/Year) 04/06/2009						r (give title belo		Other (specify b	elow)			
(Street) 4. If Amendment, Date Or				ate Origi	ginal Filed(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person						
, NC 276	12										Form file	d by More than	One Reporting	Person	
	(State)	(Zip)		Т	able	I - Non-	Deri	vative S	ecuritie	s Acqui	red, Disp	osed of, or l	Beneficially	Owned	
(Instr. 3) Da		Date			if C	f Code (Instr. 8)				of (D)	Beneficia Reported	ally Owned Following I Transaction(s)		6. Ownership Form: Direct (D)	7. Nature of Indirect Beneficial Ownership
						Code	V	Amoun	(A) or t (D)	Price				or Indirect (I) (Instr. 4)	(Instr. 4)
tock	(	04/06/2009				S(1)		1,000	D	9.41	137,194			D	
tock		04/07/2009				S <sup>(1)</sup>		1,000		Ψ	136,194			D	
tock		04/08/2009				S <sup>(1)</sup>		1,000	D	\$ 9.8 (4)	135,194			D	
eport on a	separate line for	r each class of secu	ırities	beneficially	ow:	ned direc	tly o	r							
							cont	ained i	n this fo	orm are	e not req	uired to re	spond un	ess	EC 1474 (9- 02)
						•		•			lly Owned	l			
	3 Transaction		g, p-								itle and	8 Price of	9 Number	of 10	11. Nature
		Execution Day/Year) any		tte, if Transaction Code Year) (Instr. 8)		Tullioci	and Expiration Date (Month/Day/Year)		./ ./ .			9. Number of Derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Ownersh Form of Derivativ Security: Direct (Dor Indirect)	of Indirect Beneficial Ownership (Instr. 4)	
Conversion r Exercise rice of Derivative ecurity	Date (Month/Day/Y	Execution Da		Code	De See Ace (A Di of (Ir				on Date	Amo Und Secu	ount of erlying irities tr. 3 and	Security	Securities Beneficially Owned Following Reported Transaction	Owners: Form of Derivati Security Direct (I or Indire	Beneficial Ownership (Instr. 4)
1 1 1 = 1 ·	NC 276  NC 276  urity  tock  tock  tock	EVEN C  (First)  (WOOD AVENUE, S  (Street)  NC 27612  (State)  urity  2  tock  tock  tock  tock  (One)  (On	NC 27612   (State)   (Zip)	Cock   O4/06/2009   Stock   O4/08/2009   O	Triangle Capi  (First) (Middle) (Middle	Triangle Capital of (First) (Middle) (MVOOD AVENUE, SUITE 530 (Middle) (Street) 4. If Amendment, D (Street) Table (State) (Zip) Table (Month/Day/Year) (Month/Day/Year) 2A. Deemed Execution Date (Month/Day/Year)	Triangle Capital CORP [  (First) (Middle) (WOOD AVENUE, SUITE 530	Triangle Capital CORP [TCA (First) (Middle) (WOOD AVENUE, SUITE 530 (Mode) (Street) 3. Date of Earliest Transaction (Mode) (MOOD AVENUE, SUITE 530 (Advo/2009) 4. If Amendment, Date Original For Street (Month/Day/Year) (State) (Zip) Table I - Non-Derivate (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Code (Instr. 8) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Code (Instr. 8) (Month/Day/Year) (Month	Triangle Capital CORP [TCAP]  (First) (Middle) (MOOD AVENUE, SUITE 530)  (Street) 4. If Amendment, Date Original Filed(Mont NC 27612  (State) (Zip) Table I - Non-Derivative Surity (Month/Day/Year)  2. Transaction Date (Month/Day/Year) (Month/Day/Year)  2. Transaction Date (Month/Day/Year) (Month/Day/Year)  (Month/Day/Year) Code (A) or I (Instr. 3)  Code V Amount (Instr. 3)  Code V Amount (Instr. 3)  Code (Month/Day/Year)  Code (Month/Day/Year)	Triangle Capital CORP [TCAP]  (First) (Middle) (All of Park)  (Street) 3. Date of Earliest Transaction (Month/Day/Year) 04/06/2009  (Street) 4. If Amendment, Date Original Filed(Month/Day/Year)  NC 27612  (State) (Zip) Table I - Non-Derivative Securities are Execution Date (Month/Day/Year) (Month/Day/Year)  (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year)  (Month/Day/Year) 3. Transaction (As Securities Acceptable of Park) (Instr. 8) (Instr. 3, 4 and 5 (Instr. 8) (Instr. 3, 4 and 5 (Instr. 8) (Instr. 3, 4 and 5 (Instr. 8) (Instr. 3) (Instr	Triangle Capital CORP [TCAP]	Triangle Capital CORP [TCAP]  (First) (Middle) (A/06/2009  (Street) 4. If Amendment, Date Original Filed(Month/Day/Year) (A/06/2019  (State) 2. Transaction Date (Month/Day/Year) (Month/Day/Year	Triangle Capital CORP [TCAP]  (Che (First) (Middle) (AWOOD AVENUE, SUITE 530 (Month/Day/Pear) (Month/	Triangle Capital CORP [TCAP]  (Check all applie	Triangle Capital CORP [TCAP]  (First) (Middle) (Starce)  4. If Amendment, Date Original Filed(Month/Day/Year) (Starce)  4. If Amendment, Date Original Filed(Month/Day/Year) (Starce)  7. Transaction (Starce) (Starce)  7. Transaction (Starce) (Starce)  7. Transaction (Starce) (Starce) (Month/Day/Year) (Month/D

### **Reporting Owners**

Daniel Communication (Addison	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
LILLY STEVEN C 3700 GLENWOOD AVENUE SUITE 530 RALEIGH, NC 27612	X		CFO, Secretary, Treasurer				

## **Signatures**

Robert C. Humphreys, Attorney-in-Fact for Steven C. Lilly	04/08/2009
**Signature of Reporting Person	Date

## **Explanation of Responses:**

\* 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).
- (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 4, 2009.
- (2) This reported price represents an average of sales prices, ranging from \$9.28 to \$9.49 per share.
- (3) This reported price represents an average of sales prices, ranging from \$9.40 to \$9.69 per share.
- (4) This reported price represents an average of sales prices, ranging from \$9.65 to \$9.98 per share.

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

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