FORM 5

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

OMB APPR	OVAL
OMB Number:	3235-0362
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hours per respons	se 10

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b). Form 3 Holdings Reported

ANNUAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Form 4 Transactions Reported Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. I tallie and I taaress of Reporting I erson			2. Issuer Name and Triangle Capital		~ .	ool	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner			
(Last) 3700 GLENWOO	(First) DD AVENUE	(Middle) SUITE 530	3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year) 12/31/2014			Officer (give title below) Other (specify below)				
	(Street)			Date Original Fi	Day/Year)		6. Individual or Joint/Group Reporting (check applicable line)			
RALEIGH, NC 27612								_X_Form Filed by One Reporting Person Form Filed by More than One Reporting Person		
(City)	(State)	(Zip)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned							
1.Title of Security (Instr. 3)			2A. Deemed Execution Date, if any (Month/Day/Year)	Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Amount (D) Price		of)	5. Amount of Securities Beneficially Owned at end of Issuer's Fiscal Year (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership
Common Stock								16,498 (1)	D	

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

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction	3A. Deemed	4.	5. Nu	nber	6. Date Exer	rcisable	7. Tit	le and	8. Price of	9. Number	10.	11. Nature	
Derivative	Conversion	Date	Execution Date, if	Transaction	of		and Expirati	on Date	Amou	int of	Derivative	of	Ownership	of Indirect	
Security	or Exercise	(Month/Day/Year)	any	Code	Deriv	ative	(Month/Day	/Year)	Unde	rlying	Security	Derivative	Form of	Beneficial	
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Secur	ities		,	Secur	ities	(Instr. 5)	Securities	Derivative	Ownership	
	Derivative				Acqui	red			(Instr	3 and		Beneficially	Security:	(Instr. 4)	
	Security				(A) or				4)			Owned at	Direct (D)		
					Dispo	sed						End of	or Indirect		
					of (D)							Issuer's	(I)		
					(Instr.	3,						Fiscal Year	(Instr. 4)		
					4, and	5)						(Instr. 4)			
										Amount					
							Data	E-minstina		or					
							Date Exercisable	Expiration Date	Title	Number					
							Exercisable	Date		of					
					(A)	(D)				Shares					

Reporting Owners

Reporting Owner Name / Address	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
GAMBILL MARK M							
3700 GLENWOOD AVENUE SUITE 530	X						
RALEIGH, NC 27612							

Signatures

/s/ Scott Lesmes, Attorney-in-Fact for Mark M. Gambill	02/06/2015
**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) Includes shares of common stock received in 2014 pursuant to Triangle Capital Corporation's Dividend Reinvestment Plan.

Note: File three copies of this Form, one of which must be manually signed. If space provided 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.