Burgess Brent P W Form 4 February 04, 2011

FORM 4

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

OMB Number: 3235-0287 January 31,

response...

Check this box if no longer subject to Section 16. Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: 2005
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OMB APPROVAL

Form 4 or Form 5 obligations may continue. See Instruction

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person ** Burgess Brent P W			2. Issue: Symbol	r Name a	nd Ticker or Trading	5. Relationship of Reporting Person(s) to Issuer					
			Triangle	e Capita	al CORP [TCAP]	(Che	ck all applicable)				
(Last)	(First)	(Middle)	3. Date of	f Earliest	Transaction						
			(Month/D	ay/Year)		_X_ Director	10% O	wner			
3700 GLENWOOD			02/04/2011			~	e titleOther (s	specify			
AVENUE,	SUITE 530					below) Chief 1	below) Investment Officer				
	(Street)		4. If Ame	ndment,	Date Original	6. Individual or J	oint/Group Filing(Check			
			Filed(Mon	nth/Day/Y	ear)	Applicable Line) _X_ Form filed by One Reporting Person					
RALEIGH	, NC 27612					Form filed by l Person	More than One Repor	rting			
(City)	(State)	(Zip)	Tabl	e I - Nor	-Derivative Securities Acc	quired, Disposed o	of, or Beneficially	Owned			
1.Title of	2. Transaction D	ate 2A. Dee	med	3.	4. Securities Acquired	5. Amount of	6. Ownership 7.	. Nature			
Security	(Month/Day/Yea	er) Execution	on Date if	Transac	ction(A) or Disposed of (D)	Securities	Form: Direct Ir	ndirect			

(,)	(2)	Table	e I - Non-D	erivative	Secur	ities Acq	uirea, Disposea oi	, or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactio Code (Instr. 8)	4. Securities Acquired on(A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		
Common Stock	03/30/2010		G	4,391	D	\$0	177,719	D	
Common Stock	12/07/2010		G	2,500	D	\$ 0	175,219	D	
Common Stock	02/04/2011		F	4,253	D	\$ 20.51	170,966	D	
Common Stock							199,343 (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 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. Transacti Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	7. Title a Amount Underly Securitie (Instr. 3	of ing es	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title N	lumber		

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Burgess Brent P W 3700 GLENWOOD AVENUE SUITE 530

30 X Chief Investment Officer

RALEIGH, NC 27612

Signatures

/s/ Helen W. Brown, Attorney-in-Fact for Brent P.W.
Burgess 02/04/2011

**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 by reporting person in 2010 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 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.

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