Triangle Capital CORP Form 3 July 26, 2013

FORM 3

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

OMB APPROVAL

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INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

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

(Print or Type Responses)

1. Name and Address of Reporting 2. Date of Event Requiring 3. Issuer Name and Ticker or Trading Symbol Person * Statement Triangle Capital CORP [TCAP] Poole E. Ashton (Month/Day/Year) 07/22/2013 (Last) (First) (Middle) 4. Relationship of Reporting 5. If Amendment, Date Original Person(s) to Issuer Filed(Month/Day/Year) 3700 GLENWOOD AVENUE, (Check all applicable) **SUITE 530** (Street) 6. Individual or Joint/Group 10% Owner _X_ Director _X_ Officer Other Filing(Check Applicable Line) (give title below) (specify below) _X_ Form filed by One Reporting President and COO Person RALEIGH, NCÂ 27612 Form filed by More than One Reporting Person (City) (State) (Zip) Table I - Non-Derivative Securities Beneficially Owned 4. Nature of Indirect Beneficial 1. Title of Security 2. Amount of Securities Beneficially Owned Ownership Ownership (Instr. 4) (Instr. 4) Form: (Instr. 5) Direct (D) or Indirect (I) (Instr. 5) Â D Common Stock 2,039 Common Stock 407 I By Wife (for son) Common Stock 407 I By Wife (for daughter) Reminder: Report on a separate line for each class of securities beneficially SEC 1473 (7-02) owned directly or indirectly. 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 control number.

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

1. Title of Derivative Security	2. Date Exercisable and	3. Title and Amount of	4.	5.	6. Nature of Indirect
(Instr. 4)	Expiration Date	Securities Underlying	Conversion	Ownership	Beneficial Ownership
	(Month/Day/Year)				

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			Derivative S	ecurity	or Exercise	Form of	(Instr. 5)
			(Instr. 4)		Price of	Derivative	
	D-4-	F:	T:41-	A	Derivative	Security:	
	Date	Expiration	Title	Amount or Number of Shares	Security	Direct (D)	
	Exercisable Da	Date				or Indirect	
						(I)	
						(Instr. 5)	

Relationships

Date

Reporting Owners

Reporting Owner Name / Address	Telutionships			
	Director	10% Owner	Officer	Other
Poole E. Ashton 3700 GLENWOOD AVENUE, SUITE 530 RALEIGH, NC 27612	ÂX	Â	President and COO	Â

Signatures

/s/ Sehrish Siddiqui, Attorney-in-Fact for E. Ashton Poole 07/26/2013

**Signature of Reporting Person

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 5(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).

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Remarks:

Exhibit 24 (the power of attorney) is filed as an exhibit to the Form 3.

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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