

December 28, 2016

Triangle Capital Corporation Executive Named to Institutional Investor Magazine's "2017 All-America Executive Team"

RALEIGH, N.C., Dec. 28, 2016 (GLOBE NEWSWIRE) -- **Triangle Capital Corporation** (NYSE:TCAP) ("Triangle" or the "Company"), a leading provider of capital to lower middle market companies, announced today that its Chief Financial Officer, Steven C. Lilly, was recognized as one of "America's Best CFOs" by *Institutional Investor Magazine* in its 2017 All-America Executive Team rankings. A selection committee consisting of more than 180 sell-side equity analysts across the United States nominated Mr. Lilly within the Brokers, Asset Managers & Exchanges category.

Commenting on the award, E. Ashton Poole, President and CEO stated, "This is a tremendous honor for Steven which recognizes not only his leadership and ethical standards of communication but also recognizes the external leadership role he plays as an advocate for the greater BDC industry as an emerging asset class in the public markets."

Mr. Lilly commented, "This award is a positive reflection on the full Triangle team that Ashton has assembled. I feel privileged to work with so many capable, motivated individuals."

This award marks the second time that Mr. Lilly and Triangle Capital Corporation have been honored by *Institutional Investor Magazine* as Mr. Lilly was named one of "America's Best CFOs" in 2014 as well.

About Triangle Capital Corporation

Triangle Capital Corporation (www.TCAP.com) invests capital in established companies in the lower middle market to fund growth, changes of control and other corporate events. Triangle offers a wide variety of investment structures with a primary focus on mezzanine financing with equity components. Triangle's investment objective is to seek attractive returns by generating current income from debt investments and capital appreciation from equity related investments. Triangle's investment philosophy is to partner with business owners, management teams and financial sponsors to provide flexible financing solutions. Triangle typically invests \$5.0 million - \$35.0 million per transaction in companies with annual revenues between \$20.0 million and \$200.0 million, and EBITDA between \$3.0 million and \$35.0 million.

Triangle has elected to be treated as a business development company under the Investment Company Act of 1940 ("1940 Act"). Triangle is required to comply with a series of regulatory requirements under the 1940 Act as well as applicable NYSE, federal and state laws and regulations. Triangle has elected to be treated as a regulated investment company under the Internal Revenue Code of 1986. Failure to comply with any of the laws and regulations that apply to Triangle could have a material adverse effect on Triangle and its stockholders.

Forward Looking Statements

This press release may contain forward looking statements within the meaning of the Private Securities Litigation Reform Act of 1995. Any such statements, other than statements of historical fact, are likely to be affected by other unknowable future events and conditions, including elements of the future that are or are not under the Company's control, and that the Company may or may not have considered; accordingly, such statements cannot be guarantees or assurances of any aspect of future performance. Actual developments and results are highly likely to vary materially from these estimates and projections of the future and some of these uncertainties are enumerated in Triangle's filings with the Securities and Exchange Commission. Certain factors that could cause actual results to differ materially from those contained in the forward-looking statements are included in our annual reports on Form 10-K, quarterly reports on Form 10-Q and current reports on Form 8-K, each as filed with the Securities and Exchange Commission. Copies are available on the SEC's website at www.sec.gov and stockholders may receive a hard copy of the completed audited financial statements free of charge upon request to the Company at 3700 Glenwood Avenue, Suite 530, Raleigh, NC 27612. Such statements speak only as of the time when made, and the Company undertakes no obligation to update any such statement now or in the future.

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