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UPDIKE LAWRENCE A  
 Form 4  
 March 07, 2002

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

FORM 4  
 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16.  
 Form 4 or Form 5 obligations may continue.

1. Name and Address of Reporting Person(s)  
 Updike, Lawrence A.  
 39 Forest Acres Dr

Ithaca, NY 14850

2. Issuer Name and Ticker or Trading Symbol  
 Tompkins Trustco, Inc. (TMP)
3. I.R.S. Identification Number of Reporting Person, if an entity (Voluntary)
4. Statement for Month/Year  
 02/02
5. If Amendment, Date of Original (Month/Year)
6. Relationship of Reporting Person(s) to Issuer (Check all applicable)  
 Director  10% Owner  
 Officer (give title below)  Other (specify below)  
 Senior Vice President  
 Operations Officer
7. Individual or Joint/Group Filing (Check Applicable Line)  
 Form filed by One Reporting Person  
 Form filed by More than One Reporting Person

Table I Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1) Title of Security	2) Trans- action Date (Month/ Day/Year)	3. Trans- action Code Code V	4. Securities Acquired(A) or Disposed of (D) A or D Price
Common Stock	02/21/02	M	1,859 A \$11.2121
Common Stock	02/21/02	S	1,859 D \$41.0000
Common Stock - 401K/ESOP			
Common Stock - 401K/ESOP			

Table II (PART 1) Derivative Securities Acquired, Disposed of, or Beneficially Owned (Columns 1

1) Title of Derivative Security	2) Conversion or Exercise Price of Derivative Security	3) Trans- action Date	4) Trans- action Code Code V	5) Number of Derivative Securities Acquired (A) or Disposed of (D) A D
Incentive Stock Option (right to buy)	\$20.9091			
Incentive Stock Option (right	\$23.6587			

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to buy)  
 Incentive Stock Option (right to buy) \$26.6250  
 to buy)  
 Incentive Stock Option (right to buy) \$19.2667  
 to buy)  
 Non-Qualified Stock Option (right to buy) \$11.2121 02/21/02 M 1,859  
 Non-Qualified Stock Option (right to buy) \$15.5647

Table II (PART 2) Derivative Securities Acquired, Disposed of, or Beneficially Owned (Columns 1

1) Title of Derivative Security	3) Transaction Date	7) Title and Amount of Underlying Securities	Amount or Number of Shares	8) Price of Derivative Security
-		Title		
Incentive Stock Option (right to buy)		Common Stock	1,980	
Incentive Stock Option (right to buy)		Common Stock	3,750	
Incentive Stock Option (right to buy)		Common Stock	3,500	
Incentive Stock Option (right to buy)		Common Stock	6,000	
Non-Qualified Stock Option (right to buy)	02/21/02	Common Stock	1,859	\$41.0000
Non-Qualified Stock Option (right to buy)		Common Stock	2,722	

SIGNATURE OF REPORTING PERSON  
 /s/ Updike, Lawrence A.  
 DATE 03/06/02