FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL									
OMB Number:	3235-0287								
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0.5

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

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. Name and Address of Reporting Person* VIRGINIA RETIREMENT SYSTEMS ET AL (Last) (First) (Middle) P.O. BOX 2500					3. D	2. Issuer Name and Ticker or Trading Symbol BlackRock Kelso Capital CORP [bkcc] 3. Date of Earliest Transaction (Month/Day/Year) 08/07/2013										Relationship of Reporting Person(s) to Issuer Check all applicable) Director 10% Owner Officer (give title below) Check all applicable) Other (specification) < than 10% owner file 90 days				
(Street) RICHMO	OND VA		23218 Zip)		4. If	4. If Amendment, Date of Original Filed (Month/Day/Year)									Indivine)	vidual or Joint/Group Filing (Check Applicable Form filed by One Reporting Person Form filed by More than One Reporting Person				
Table I - Non-Deriva 1. Title of Security (Instr. 3) 2. Transact Date (Month/Day					ction ay/Year	tion 2A. Deemed Execution Date, if any (Month/Day/Year)			3. Transa Code (8)	ction	4. Securiti Disposed	ies Acquired (A) Of (D) (Instr. 3, 4		(A) or 3, 4 an	5. Am Secur Benef Owne Repor Trans: (Instr.		ount of ties cially if Following ted iction(s) 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common	Stock Valu				ive S						66,194 osed of, onvertib	or B					74,948		D	
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	te Execution Date		4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)				te	7. Title and Amount of Securities Underlying Derivative Security (Instand 4) Amount of Numi of Title Share		nstr. 3			9. Number of derivative Securities Beneficially Owned Following Reported Transactions (Instr. 4)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	vnership rm: rect (D) Indirect	11. Nature of Indirect Beneficial Ownership (Instr. 4)

Explanation of Responses:

Curtis M. Mattson

08/07/2013

** Signature of Reporting Person

Date

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

- * 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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 Number.