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

	FORM 8-K	
	CURRENT REPORT	
Pursuant to Section	n 13 or 15(d) of the Securities Excha	ange Act of 1934
Date of R	eport (Date of earliest event Reported): July 9,	2019
	ladstone Capital Corporation act Name of Registrant as Specified in Charter)
Maryland (State or Other Jurisdiction of Incorporation)	814-00237 (Commission File Number)	54-2040781 (I.R.S. Employer Identification Number)
1521 Westbranch Drive, Suite 100 McLean, Virginia (Address of Principal Executive Offices)		22102 (Zip Code)
(Reg	(703) 287-5800 istrant's telephone number, including area code	e)
(Former	name or former address, if changed since last r	report)
Check the appropriate box below if the Form 8-K filing is intended	to simultaneously satisfy the filing obligation	of the registrant under any of the following provisions:
[] Written communications pursuant to Rule 425 under to Soliciting material pursuant to Rule 14a-12 under the [] Pre-commencement communications pursuant to Rule [] Pre-commencement communications pursuant to Rule	Exchange Act (17 CFR 240.14a-12) e 14d-2(b) under the Exchange Act (17 CFR 24	. "
Indicate by check mark whether the registrant is an emerging grow Securities Exchange Act of 1934 (17 CFR §240.12b-2). Emerging		rrities Act of 1933 (17 CFR §230.405) or Rule 12b-2 of the
If an emerging growth company, indicate by check mark if the regiaccounting standards provided pursuant to Section 13(a) of the Exc		sition period for complying with any new or revised financial
Securities registered pursuant to Section 12(b) of the Act:		
Title of each class		Name of each exchange on which registered
Common Stock, \$0.001 par value per s 6.00% Series 2024 Term Preferred Stock, \$0.001 pa 6.125% Notes due 2023, \$25.00 par value p	ar value per share	Nasdaq Global Select Market Nasdaq Global Select Market Nasdaq Global Select Market

Item 7.01. Regulation FD Disclosure.

On July 9, 2019, Gladstone Capital Corporation (the "Company") issued a press release, filed herewith as Exhibit 99.1, announcing that the Company's board of directors (the "Board") declared monthly cash distributions for the Company's common stock and 6.00% Series 2024 Term Preferred Stock for each of July, August and September 2019.

The information disclosed under this Item 7.01, including Exhibit 99.1 hereto, is being furnished and shall not be deemed "filed" for purposes of Section 18 of the Securities and Exchange Act of 1934, and shall not be deemed incorporated by reference into any filing made under the Securities Act of 1933, except as expressly set forth by specific reference in such filing.

Item 9.01. Financial Statements and Exhibits.

(d) Exhibits.

Exhibit No. Description

Press Release issued by Gladstone Capital Corporation on July 9, 2019.

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Gladstone Capital Corporation

By: <u>/s/ Nicole Schaltenbrand</u> Nicole Schaltenbrand Chief Financial Officer Date: July 9, 2019

Gladstone Capital Announces Monthly Cash Distributions for July, August and September 2019 and Conference Call Dates

MCLEAN, VA., July 09, 2019 (GLOBE NEWSWIRE) -- Gladstone Capital Corporation (NASDAQ: GLAD) (the "Company") announced today that its board of directors declared the following monthly cash distributions for July, August and September 2019 and also announced its plan to report earnings for the third fiscal quarter ended June 30, 2019.

Cash Distributions:

Common Stock: \$0.07 per share of common stock for each of July, August and September 2019, payable per the table below. The Company has paid 189 consecutive monthly cash distributions on its common stock.

Record Date	Payment Date		Cash Distribution
July 22	July 31	\$	0.07
August 20	August 30	\$	0.07
September 17	September 30	\$	0.07
Total for the Quarter		:\$	0.21

Term Preferred Stock: \$0.125 per share of the Company's 6.00% Series 2024 Term Preferred Stock ("Term Preferred Stock") for each of July, August and September 2019, payable per the table below. The Term Preferred Stock trades on the NASDAQ under the symbol "GLADN."

Record Date	Payment Date		Cash Distribution
July 22	July 31	\$	0.125
August 20	August 30	\$	0.125
September 17	September 30	\$	0.125
Total for the Quarter		:\$	0.375

The Company offers a dividend reinvestment plan (the "DRIP") to its common stockholders. For more information regarding the DRIP, please visit www.gladstonecapital.com.

Earnings Announcement:

The Company also announced today that it plans to report earnings for the third fiscal quarter ended June 30, 2019, after the stock market closes on Monday, August 5, 2019. The Company will hold a conference call Tuesday, August 6, 2019 at 8:30 a.m. EDT to discuss its earnings results. Please call (855) 465-0177 to enter the conference call. An operator will monitor the call and set a queue for questions.

A conference call replay will be available after the call and will be accessible through August 13, 2019. To hear the replay, please dial (855) 859-2056 and use playback conference number 5169569.

The live audio broadcast of the Company's conference call will be available online at www.gladstonecapital.com. The event will be archived and available for replay on the Company's website through October 6, 2019.

If you have questions prior to or following the earnings release you may e-mail them to capital@gladstonecompanies.com.

Gladstone Capital Corporation is a publicly traded business development company that invests in debt and equity securities consisting primarily of secured first and second lien term loans to lower middle market businesses in the United States. Information on the business activities of all the Gladstone funds can be found at www.gladstonecompanies.com.

For Investor Relations inquiries related to any of the monthly dividend paying Gladstone funds, please visit www.gladstone.com.

Source: Gladstone Capital Corporation