



**ALLIED PROPERTIES REAL ESTATE INVESTMENT TRUST
ANNOUNCES SEPTEMBER DISTRIBUTION**

Toronto, September 16, 2010 - Allied Properties REIT (TSX:AP.UN) announced today that the Trustees of the REIT have declared a distribution of \$0.11 per unit for the month of September, 2010, representing \$1.32 per unit on an annualized basis. The distribution will be payable on October 15, 2010, to unitholders of record as at September 30, 2010. The REIT has 41,986,628 units issued and outstanding.

Allied Properties REIT is a leading owner, manager and developer of urban office environments that enrich experience and enhance profitability for business tenants operating from Toronto, Montréal, Winnipeg, Québec City, Kitchener-Waterloo and Calgary. Its objectives are to provide stable and growing cash distributions to unitholders and to maximize unitholder value through effective management and accretive portfolio growth.

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FOR FURTHER INFORMATION, PLEASE CONTACT:

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