



**ALLIED PROPERTIES REAL ESTATE INVESTMENT TRUST
ANNOUNCES CONTINUED STRONG GROWTH IN DI PER UNIT AND FFO PER UNIT**

Toronto, August 8, 2007 -- Allied Properties REIT (TSX:AP.UN) today announced results for the second quarter ended June 30, 2007. "We continue to accelerate our growth as a focused real estate business," said Michael Emory, President and CEO. "Our DI and FFO per unit in the second quarter came in well above the prior quarter and the comparable quarter last year. Our acquisitions by mid-year more than doubled our acquisitions for all of last year."

Distributable Income ("DI") per unit (diluted) in the second quarter was up 13.2% from the comparable quarter in 2006, while Funds From Operations ("FFO") per unit (diluted) were up 9.4% quarter-over-quarter. The REIT's DI and FFO pay-out ratios for the quarter were 77.6% and 77.7%, respectively.

In the first half of the year, the REIT increased same-asset net operating income ("NOI") by 6.6% and completed \$266 million in acquisitions. The REIT also maintained a conservative debt ratio, ending the half at 53.3%, and a high level of occupancy, ending the half with leased area of 96.6%.

The REIT's financial results for the quarter are summarized below and compared to the same quarter in 2006:

(In thousands except for per unit and % amounts)	Q2 2007	Q2 2006	Change	% Change
DI	10,211	5,945	4,266	71.8%
DI per unit (basic)	\$0.424	\$0.375	\$0.049	13.1%
DI per unit (diluted)	\$0.416	\$0.368	\$0.048	13.2%
DI pay-out ratio	77.6%	82.3%	(4.7%)	
FFO	10,192	6,139	4,053	66.0%
FFO per unit (basic)	\$0.423	\$0.387	\$0.036	9.3%
FFO per unit (diluted)	\$0.416	\$0.380	\$0.036	9.4%
FFO pay-out ratio	77.7%	79.7%	(2.0%)	

The REIT's financial results for the period ended June 30, 2007, are summarized below and compared to the same period in 2006:

(In thousands except for per unit and % amounts)	H1 2007	H1 2006	Change	% Change
DI	17,698	11,340	6,358	56.1%
DI per unit (basic)	\$0.806	\$0.716	\$0.090	12.6%
DI per unit (diluted)	\$0.792	\$0.704	\$0.088	12.5%
DI pay-out ratio	79.3%	85.2%	(5.9%)	
FFO	18,376	12,052	6,324	52.5%
FFO per unit (basic)	\$0.837	\$0.761	\$0.076	10.0%
FFO per unit (diluted)	\$0.822	\$0.748	\$0.074	9.9%
FFO pay-out ratio	76.4%	80.1%	(3.7%)	

NOI, DI and FFO are not financial measures defined by Canadian GAAP. Please see the REIT's MD&A for a description of these measures and their reconciliation to cash flow from operations or net income, as

presented in the consolidated financial statements of the REIT for the quarter ended June 30, 2007.

Additional Financial Information

The consolidated financial statements of the REIT for the quarter ended June 30, 2007, together with accompanying notes and MD&A, have been filed with SEDAR, www.sedar.com, and are available on the REIT's web-site, www.alliedpropertiesreit.com.

Allied Properties REIT is the leading provider of Class I office space in Canada, with portfolio assets in the urban areas of Toronto, Montreal, Winnipeg and Quebec City. The objectives of the REIT 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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