

ALLIED

ALLIED ANNOUNCES AUGUST 2019 DISTRIBUTION

Toronto, AUGUST 15, 2019 - Allied Properties REIT ("Allied") (TSX:AP.UN) announced today that the Trustees of Allied have declared a distribution of \$0.133 per unit for the month of August 2019, representing \$1.60 per unit on an annualized basis. The distribution will be payable on September 16, 2019, to unitholders of record as at August 31, 2019.

Allied is a leading owner, manager and developer of (i) distinctive urban workspace in Canada's major cities and (ii) network-dense urban data centres in Toronto that form Canada's hub for global connectivity. Allied's business is providing knowledge-based organizations with distinctive urban environments for creativity and connectivity.

FOR FURTHER INFORMATION, PLEASE CONTACT:

Michael R. Emory
President and Chief Executive Officer
(416) 977-9002
memory@alliedreit.com

Cecilia C. Williams
Executive Vice President and Chief Financial Officer
(416) 977-9002
cwilliams@alliedreit.com