

ALLIED

ALLIED ANNOUNCES SEPTEMBER 2019 DISTRIBUTION

Toronto, SEPTEMBER 16, 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 September 2019, representing \$1.60 per unit on an annualized basis. The distribution will be payable on October 15, 2019, to unitholders of record as at September 30, 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.

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