## **ALLIED**

## ALLIED ANNOUNCES NOVEMBER 2019 DISTRIBUTION

Toronto, NOVEMBER 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 November 2019, representing \$1.60 per unit on an annualized basis. The distribution will be payable on December 16, 2019, to unitholders of record as at November 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.

## 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