



**ALLIED PROPERTIES REAL ESTATE INVESTMENT TRUST
ANNOUNCES SENIOR MANAGEMENT PROMOTION**

Toronto, January 3, 2012 -- Allied Properties REIT (TSX:AP.UN) announced today that Thomas G. Burns has been promoted to the position of Executive Vice President & Chief Operating Officer effective January 1, 2012. This promotion comes in recognition of the responsibilities Mr. Burns has discharged, and will continue to discharge, on behalf of Allied. Mr. Burns will continue to report to Allied's President & Chief Executive Officer, Michael Emory.

"Tom has been a great addition to our leadership team," said Mr. Emory. "Along with Peter Sweeney's contribution as VP and CFO and Wayne Jacobs' contribution as EVP, Acquisitions, Tom's promotion confirms our success in bolstering and realigning our leadership team over the past 12 months."

Allied Properties REIT is a leading owner, manager and developer of urban office environments that enrich experience and enhance profitability for business tenants operating in Canada's major cities. 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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