

SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 8-K

CURRENT REPORT

PURSUANT TO SECTION 13 OR 15(d) OF THE  
SECURITIES EXCHANGE ACT OF 1934

Date of Report (Date of earliest event reported) AUGUST 22, 2000  
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WASHINGTON REAL ESTATE INVESTMENT TRUST  
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(Exact name of registrant as specified in its charter)

Maryland	1-6622	53-0261100
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(State or other jurisdiction of incorporation)	(Commission File Number)	(IRS Employer Identification Number)

6110 Executive Boulevard, Suite 800, Rockville, Maryland	20852
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(Address of principal executive offices)	(Zip Code)

Registrant's telephone number, including area code (301) 984-9400  
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Item 5: OTHER EVENTS

Attached hereto as Exhibit 99 is a copy of the Trust's press release,  
dated August 22, 2000.

Exhibit Number -----	
99	Press Release dated August 22, 2000

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the  
registrant has duly caused this report to be signed on its behalf by the  
undersigned thereunto duly authorized.

WASHINGTON REAL ESTATE INVESTMENT TRUST  
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(Registrant)

By: /s/ Larry E. Finger  
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(Signature)

Larry E. Finger  
Senior Vice President  
Chief Financial Officer

August 22, 2000  
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(Date)

NEWS RELEASE

[WRIT Logo] Washington Real Estate Investment Trust

<TABLE>		
<CAPTION>		
<S>	<C>	<C>
CONTACT:	6110 Executive Boulevard	Listed: NYSE
Larry E. Finger	Suite 800	Trading Symbol: WRE
Senior V.P. - C.F.O.	Rockville, Maryland 20852	Newspaper Quote: WRIT
Direct Dial: (301) 255-0820	Tel 301-984-9400	www.writ.com
E-Mail: lfinger@writ.com	Fax 301-984-9610	
</TABLE>		

FOR IMMEDIATE RELEASE

August 22, 2000

## WRIT SELLS CLAIRMONT SHOPPING CENTER

Washington Real Estate Investment Trust (WRIT) announced today that it has sold the Clairmont Shopping Center in Salisbury, Maryland for \$3.0 million, resulting in a gain of approximately \$1.6 million. The purchaser was a local developer who owns commercial properties in the Eastern Maryland and Southern Delaware areas.

Built in 1965, the one-story neighborhood center contains approximately 39,000 square feet of retail space and had been in the WRIT portfolio since 1976.

Edmund B. Cronin, Jr., WRIT's CEO, said that, "This sale is pursuant to our strategic plan to dispose of properties which do not fit our long-term objectives and are not located in the Washington-Baltimore Region. We are very pleased with the gain on this transaction and anticipate investing the proceeds in property with greater long-term investment potential. Commencing in 1998, this plan has resulted in the sale of eight properties for a total of \$39.6 million, yielding a total gain of \$18.2 million."

WRIT will utilize the proceeds of this sale in a tax-deferred exchange whereby WRIT re-invests the sales proceeds on a tax-free basis in another real estate property.

WRIT is a self-administered, self-managed, equity real estate investment trust investing in income-producing properties in the greater Washington-Baltimore region. The Trust owns a diversified portfolio of 56 properties consisting of 10 neighborhood retail centers, 22 office buildings, 15 industrial distribution properties and 9 apartment properties. WRIT shares are publicly traded on the New York Stock Exchange (symbol: WRE).

Certain statements in this press release are "forward-looking statements" within the meaning of the Private Securities Litigation Reform Act of 1995. Such statements involve known and unknown risks, uncertainties and other factors that may cause actual results to differ materially. Such risks, uncertainties and other factors include, but are not limited to, the inability to agree to terms on acceptable real estate property for reinvestment of the proceeds of this sale, fluctuations in interest rates, availability of raw materials and labor costs, levels of competition, the effect of government regulation, the availability of capital, weather conditions and changes in general and local economic conditions.

END