

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) APRIL 25, 2000

WASHINGTON REAL ESTATE INVESTMENT TRUST

(Exact name of registrant as specified in its charter)

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

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

Registrant's telephone number, including area code (301) 984- 9400

Item 5: OTHER EVENTS

Attached hereto as Exhibit 99.1 is a copy of certain Supplemental Data included in the Trust's press release, dated April 25, 2000.

Item 7. FINANCIAL STATEMENTS AND EXHIBITS

(c) Exhibits

Exhibit Number -----	
99.1	Press Release, April 25, 2000, entitled "Supplemental Data"

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

(Registrant)

By: /s/ Larry E. Finger

(Signature)

Larry E. Finger
Senior Vice President
Chief Financial Officer

April 25, 2000

(Date)

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

(Registrant)

By: _____

(Signature)

Larry E. Finger
Senior Vice President
Chief Financial Officer

April 25, 2000

(Date)

Exhibit
Number

- -----

99.1

Press Release, April 25, 2000, entitled "Supplemental Data"

NEWS RELEASE

[WRIT GRAPHIC APPEARS HERE]

Washington Real Estate Investment Trust

<TABLE>		
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<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	

FOR IMMEDIATE RELEASE

APRIL 25,

2000

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</TABLE>

WASHINGTON REAL ESTATE INVESTMENT TRUST

1ST QUARTER 2000 FFO PER SHARE UP 17%

Washington Real Estate Investment Trust (WRIT) reported today that Funds From Operations (FFO) per share increased 16.7% to \$0.42 in the first quarter of 2000 from \$0.36 in the first quarter of 1999. FFO increased 15.1% to \$14,842,000 for the quarter ended March 31, 2000 from \$12,900,000 for the quarter ended March 31, 1999. FFO is the primary performance measure for the REIT industry.

Edmund B. Cronin, Jr., President and CEO, stated that "WRIT's FFO growth is due to the excellent performance of recent acquisitions, combined with the strong core portfolio net operating income increase of 9.3%." WRIT's core portfolio excludes properties not owned for the entirety of both periods being compared.

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 11 retail centers, 21 office buildings, 9 apartment properties and 15 industrial/flex properties.

WRIT dividends have increased every year for 28 consecutive years. During these 28 years, WRIT's dividends have been increased 36 times, a record unmatched by any other publicly traded real estate investment trust. WRIT's 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, 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 ECONOMIC CONDITIONS.

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 FOR IMMEDIATE RELEASE
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APRIL 25,

WASHINGTON REAL ESTATE INVESTMENT TRUST
 FINANCIAL HIGHLIGHTS
 (IN THOUSANDS EXCEPT PER SHARE DATA)

OPERATING RESULTS	QUARTER ENDED MARCH 31, 2000	1999
<S>	<C>	<C>
Real estate rental revenue	\$31,935	\$27,654
Real estate expenses	(9,372)	(8,423)
	22,563	19,231
Real estate depreciation and amortization	(5,430)	(4,451)

INCOME FROM REAL ESTATE	\$17,133	\$14,780
Other income	149	204
Interest expense	(6,090)	(5,220)
General and administrative	(1,780)	(1,315)
	-----	-----
INCOME BEFORE GAIN ON SALE OF REAL ESTATE	\$9,412	\$8,449
Gain on sale of real estate	1,498	7,909
	-----	-----
NET INCOME	\$10,910	\$16,358
	=====	=====
INCOME BEFORE GAIN ON REAL ESTATE PER SHARE (BASIC)	\$0.26	\$0.24
	=====	=====
INCOME BEFORE GAIN ON REAL ESTATE PER SHARE (DILUTED)	\$0.26	\$0.24
	=====	=====
NET INCOME PER SHARE (BASIC)	\$0.31	\$0.46
	=====	=====
NET INCOME PER SHARE (DILUTED)	\$0.31	\$0.46
	=====	=====
Income before gain on sale of real estate	\$9,412	\$8,449
Real estate depreciation and amortization	5,430	4,451
	-----	-----
FUNDS FROM OPERATIONS	\$14,842	\$12,900
	=====	=====
FUNDS FROM OPERATIONS PER SHARE (BASIC)	\$0.42	\$0.36
	=====	=====
FUNDS FROM OPERATIONS PER SHARE (DILUTED)	\$0.42	\$0.36
	=====	=====
DIVIDENDS PAID PER SHARE	\$0.2925	\$0.28
	=====	=====
Weighted average shares outstanding	35,733,793	35,708,178
Fully diluted weighted average shares outstanding	35,763,470	35,726,789
BALANCE SHEET DATA	AS OF	AS OF
- - - - -	MARCH 31, 2000	DECEMBER 31, 1999
	-----	-----
Cash and temporary investments	\$3,458	\$4,716
Real estate assets, at cost (1)	665,286	661,870
Total assets, at cost (1)	694,953	692,054
Lines of credit payable	35,000	33,000
Mortgage notes payable	86,851	87,038
Notes payable	210,000	210,000
Total liabilities	347,990	349,769
Shareholders' equity	257,803	257,189
Shareholders' equity, at cost (1)	345,438	340,763

(1) At cost means adding back accumulated depreciation.

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WASHINGTON REAL ESTATE INVESTMENT TRUST
Q1 2000 SUPPLEMENTAL DISCLOSURES
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WRIT Continues to Produce Significantly Higher FFO Per Share Growth than the REIT Industry

As reflected in the following graph WRIT's FFO per share growth, as compared to the corresponding quarter in the preceding calendar year, continues to significantly outperform the industry.

[COMPARISON BAR GRAPH APPEARS HERE WITH THE FOLLOWING PLOT POINTS]

<TABLE>

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Q2 1999 Q3 1999 Q4 1999 Q1 2000 Average

<S>	<C>	<C>	<C>	<C>	<C>
WRIT*	11.7%	11.8%	13.6%	12.2%	12.3%
REIT Industry **	8.8%	8.2%	8.1%		8.4%

*WRIT growth is shown excluding accounting change to straight-line rents in Q4 1999.

**REIT Industry data for Q2 1999 - Q4 1999 is actual FFO per share growth per DLJ Equity REIT Research. Q1 2000 Industry data is not yet available.

CORE PORTFOLIO OPERATING INCOME (NOI) GROWTH, RENTAL RATE GROWTH, NET REVENUE GROWTH AND OPERATING EXPENSE

INCREASE BY SECTOR - Q1 2000 VS. Q1 1999

<TABLE>

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SECTOR	NOI GROWTH*	RENTAL RATE GROWTH*	NET REVENUE GROWTH*	OPERATING EXP. INCR (DECR)
-----	-----	-----	-----	-----
<S>	<C>	<C>	<C>	<C>
Apartments	13.7%	4.7%	8.3%	-3.2%
Office Buildings	11.3%	6.3%	10.2%	1.6%
Retail Centers	1.9%	4.8%	1.6%	0.8%
Industrial/Flex Centers	6.1%	2.4%	5.6%	2.6%
	-----	-----	-----	-----
OVERALL CORE PORTFOLIO	9.3%	5.2%	7.8%	0.4%

*Growth is shown excluding effect of accounting change to straight-line rents in Q4 1999.

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WASHINGTON REAL ESTATE INVESTMENT TRUST

Q1 2000 SUPPLEMENTAL DISCLOSURES

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CORE PORTFOLIO & OVERALL OCCUPANCY LEVELS BY SECTOR

<TABLE>

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	CORE PORTFOLIO		ALL PROPERTIES	
	1ST QTR	1ST QTR	1ST QTR	1ST QTR
SECTOR	2000	1999	2000	1999
-----	----	----	----	----
<S>	<C>	<C>	<C>	<C>
Apartments	97.7%	95.4%	97.1%	95.4%
Office Buildings	97.3%	98.3%	97.2%	98.4%
Retail Centers	94.7%	94.0%	94.6%	94.2%
Industrial/Flex Centers	94.8%	93.1%	95.4%	93.6%
	-----	-----	-----	-----
OVERALL PORTFOLIO	96.7%	96.4%	96.6%	96.5%

WRIT Continues to Produce Significantly Higher Core Portfolio Growth than the REIT Industry.

As reflected in the following graph WRIT's core portfolio NOI growth, as compared to the corresponding quarter in the preceding calendar year, continues to significantly outperform the industry.

[COMPARISON BAR GRAPH APPEARS HERE WITH THE FOLLOWING PLOT POINTS]

<TABLE>

<CAPTION>

	Q2 1999	Q3 1999	Q4 1999	Q1 2000	Average
<S>	<C>	<C>	<C>	<C>	<C>
WRIT*	8.6%	6.8%	7.4%	9.3%	8.0%
REIT Industry **	5.3%	5.4%	5.6%		5.4%

*WRIT growth is shown excluding accounting change to straight-line rents in Q4 1999.

**REIT Industry Same Store NOI growth data is per Salomon Smith Barney Equity REIT Research. Q1 2000 Industry data is not yet available.

CAPITAL IMPROVEMENTS SUMMARY

During Q1 2000, WRIT invested \$4.1 million in real estate capital improvements. A breakdown of these improvements is as follows (in 000's):

Accretive Capital Improvements	
Acquisition Related	\$ 216
Expansions & Major Renovations	1,065
Tenant Improvements	1,466

Total Accretive Capital Improvements	2,747
Recurring Capital Improvements	1,403

Total Capital Improvements	\$4,150

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WASHINGTON REAL ESTATE INVESTMENT TRUST

Q1 2000 SUPPLEMENTAL DISCLOSURES

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Q1 2000 COMMERCIAL LEASING ACTIVITY

In Q1 2000, WRIT executed leases for 427,000 square feet of commercial space at a weighted average increase of 9.2% over the prior rent in place on a cash, i.e., non-straight lined basis. Details by sector are as follows:

<TABLE>

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SECTOR	SQUARE FEET	PREVIOUS FACE RENT	NEW FACE RENT	\$ INCREASE	% INCREASE
- - - - -	-----	-----	-----	-----	-----
<S>	<C>	<C>	<C>	<C>	<C>
Office	148,198	\$20.75	\$ 24.16	\$ 3.41	16.4%
Retail	24,903	14.58	16.92	2.34	16.1%
Industrial/Flex*	253,849*	6.31*	5.92*	(.39) *	(6.2%) *
	-----	-----	-----	-----	-----
OVERALL*	426,950*	\$11.81*	\$12.89*	\$ 1.09*	9.2%*

SECTOR	AVG TERM (YEARS)	AVERAGE SQUARE FOOTAGE	AVERAGE TENANT IMP./SF
- - - - -	-----	-----	-----
Office	2.9	2,850	\$3.64
Retail	4.9	2,075	1.87
Industrial/Flex*	5.0*	11,539*	3.49*
	-----	-----	-----
OVERALL	4.3*	4,965*	\$3.45*

</TABLE>

*In Q1 2000, WRIT signed a 68,750 square foot, 5 year lease extension at the Pepsi Bottling Facility. This lease, due to a variety of factors unique to this lease, was substantially above the market rent at its expiration. This renewal represented 27% of the Industrial/Flex square footage leased during the quarter and 16% of the Overall square footage leased during the quarter. It therefore had a disproportionate effect on the quarter's lease transaction averages. For ease of comparability, the following table provides the Q1 data, excluding this Pepsi renewal.

<TABLE>

<CAPTION>

SECTOR	SQUARE FEET	PREVIOUS FACE RENT	NEW FACE RENT	\$ INCREASE	% INCREASE
- - - - -	-----	-----	-----	-----	-----
<S>	<C>	<C>	<C>	<C>	<C>
Office	148,198	\$20.75	\$ 24.16	\$ 3.41	16.4%
Retail	24,903	14.58	16.92	2.34	16.1%
Industrial/Flex	185,099	5.21	6.45	1.24	23.7%
	-----	-----	-----	-----	-----
OVERALL	358,200	\$12.29	\$14.50	\$ 2.21	18.0%

SECTOR	AVG TERM (YEARS)	AVERAGE SQUARE FOOTAGE	AVERAGE TENANT IMP./SF
- - - - -	-----	-----	-----
Office	2.9	2,850	\$3.64
Retail	4.9	2,075	1.87

Industrial/Flex	5.0	8,814	4.25
	-----	-----	-----
OVERALL	4.3	4,214	\$3.83

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WASHINGTON REAL ESTATE INVESTMENT TRUST
Q1 2000 SUPPLEMENTAL DISCLOSURES
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NORTHERN VIRGINIA INDUSTRIAL PARK UPDATE

On May 22, 1998 WRIT acquired the 790,000 square foot Northern Virginia Industrial Park (NVIP). At acquisition, the property was 83% leased at an average per square foot rent of \$4.25 NNN. Upon acquisition, WRIT reported that the property had been under-managed and that the market vacancy rate was approximately 1/2 the project vacancy rate. In addition, WRIT indicated that market rents for the property, in a well managed condition, would range from \$5.00 to \$5.50 NNN, depending on the interior office build-out of the various spaces.

As of December 31, 1999, i.e., in the 19 months since acquisition, WRIT has executed leases for 525,000 square feet at a weighted average \$5.31 NNN psf. This average rent is 25% above the average rent in the park at acquisition.

NVIP was 92% leased as of March 31,2000.

Q1 2000 ACQUISITIONS

833 SOUTH WASHINGTON STREET, a mixed-use retail/office building and an adjoining parking lot in Alexandria, Virginia was acquired for \$1.35 Million, cash on February 16, 2000. WRIT now owns 100% of the frontage of the 800 Block of South Washington Street and the adjoining off-street parking.

The 6,026 square foot building and .24 acres of land are strategically located in historic Old Town Alexandria, Virginia. The building is currently unoccupied, but WRIT is completing negotiations with a national retailer to occupy the entire building. WRIT's existing properties on South Washington Street are 100% leased to 15 tenants including Williams-Sonoma, Laura Ashley, Storehouse Furniture and Next Day Blinds. WRIT's holdings on South Washington Street now total 42,326 square feet of retail space, 5,600 square feet of office space and 2,800 square feet of warehouse space. Over 100,000 people live within the three-mile radius surrounding the property with an average household income of over \$86,000.

The acquisition includes the adjoining parking lot at 828 South Columbus Street which contains off-street parking for approximately 21 cars (3.48 spaces/1,000 square feet). With off-street parking being very scarce in Old Town Alexandria, this parking lot is a very significant amenity to the property's tenants and their customers. It also increases the overall parking at WRIT's South Washington Street properties to 78 spaces (1.5 spaces/1,000 square feet)

WRIT plans on investing approximately \$75,000 in immediate capital improvements to ready the building for occupancy. Major categories of improvements include exterior repairs and painting, HVAC replacement and parking lot repairs.

Q1 2000 DISPOSITIONS

Prince William Plaza Shopping Center in Woodbridge, Virginia was sold for \$2.8 million, resulting in a gain of approximately \$1.5 million on March 1,2000. The purchaser was a local investor.

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WASHINGTON REAL ESTATE INVESTMENT TRUST
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Built in 1967, the property contains approximately 54,600 square feet of retail space and had been in the WRIT portfolio since 1968. This is WRIT's eighth property sale under its strategic plan to dispose of properties which do not fit our long term objectives. This program, which commenced in 1998, has resulted in a total of \$36.2 million in property sales and total gains of \$16.2 million.

WRIT anticipates that this sale will be the first step of a tax-deferred exchange whereby WRIT reinvests the sales proceeds on a tax-free basis in another real estate property.

MARCH 31, 2000 DEBT SUMMARY

At March 31, 2000, WRIT's debt was as follows (in \$millions):

<TABLE>
<CAPTION>

	Amount	Wtd Avg Maturity (Yrs)	Wtd Avg Interest Rate
	-----	-----	-----
<S>	<C>	<C>	<C>
Secured	\$ 86.9	7.6	7.5%
Senior Notes & MTNs	\$ 210.0	11.2	7.2%

Subtotal	\$ 296.7	10.2	7.3%
Lines of Credit	\$ 35.0	2.1	7.1%

Total Debt	\$ 331.9	9.3	7.2%

</TABLE>

*WRIT's Lines of Credit total \$75 million of capacity at LIBOR+ 70bp.

No more than \$60 million of debt matures in any one year and less than \$1 million matures in each year until 2003.

END