

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) OCTOBER 26, 1999

WASHINGTON REAL ESTATE INVESTMENT TRUST

(Exact name of registrant as specified in its charter)

Maryland 1-6622 53-0261100

(State or other jurisdiction of (Commission File (IRS Employer
incorporation) Number) 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 October 26, 1999.

Item 7. FINANCIAL STATEMENTS AND EXHIBITS

(c) Exhibits

Exhibit
Number

99.1 Press Release, October 26, 1999, 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

October 26, 1999

(Date)

Exhibit
Number

99.1 Press Release, October 26, 1999, entitled "Supplemental Data"

NEWS RELEASE
[LOGO]WRIT

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.washreit.com
E-Mail: lfinger@washreit.com	Fax 301-984-9610	

</TABLE>
FOR IMMEDIATE RELEASE
PAGE 1 OF 9

OCTOBER 26, 1999

WASHINGTON REAL ESTATE INVESTMENT TRUST
3RD QUARTER 1999 FFO PER SHARE UP 11.8%

Washington Real Estate Investment Trust (WRIT) reported today that Funds From Operations (FFO) per share increased 11.8% to \$0.38 in the third quarter of 1999 from \$0.34 in the third quarter of 1998. FFO increased 12.0% to \$13,631,000 for the quarter ended September 30, 1999 from \$12,166,000 for the quarter ended September 30, 1998. FFO is the primary performance measure for the REIT industry.

WRIT's FFO growth continues to be among the highest in the industry. WRIT's 11.8% FFO per share growth during the third quarter 1999 is 51% above the REIT industry average as projected by PaineWebber Incorporated. Over the last 5 quarters, WRIT has averaged 11.2% FFO per share growth which is 19% above the REIT industry average over the same period. WRIT's growth has been accelerating as evidenced by the fact that WRIT's 2nd and 3rd quarter 1999 growth rates of 11.7% and 11.8% exceeded WRIT's five quarter average of 11.2%. At the same time, the REIT industry's growth is decelerating as evidenced by the fact that the REIT Industry's 2nd and 3rd quarter 1999 growth rates of 8.3% and 7.8% are below the industry's five quarter average of 9.4%.

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 6.8% in the 3rd quarter of 1999 as compared to the 3rd quarter of 1998. WRIT's core portfolio excludes properties not owned for the entirety of both periods being compared.

WRIT's strong core portfolio net operating income (NOI) growth is also among the highest in the industry. Over the last 5 quarters, WRIT has averaged 7.8% core portfolio NOI growth which is 44% above the REIT industry average of 5.4% over the same period.

Washington REIT is the only REIT to have produced positive earnings per share growth and FFO per share growth through even 1 recession and our streak of 33 consecutive years of increased earnings per share and 28 consecutive years of increased FFO per share growth spans 4 recessions. 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.

CONTINUED

FOR IMMEDIATE RELEASE
PAGE 2 OF 9

OCTOBER 26, 1999

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 12 retail centers, 20 office properties, 9 apartment properties and 15 industrial/flex properties.

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.

CONTINUED

FOR IMMEDIATE RELEASE
PAGE 3 OF 9

OCTOBER 26, 1999

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

<TABLE>
 <CAPTION>
 <S>
 <C>

SEPTEMBER 30, ----- 1998 -----	QUARTER ENDED SEPTEMBER 30, -----		NINE MONTHS ENDED -----
	1999	1998	1999
OPERATING RESULTS			
Real estate rental revenue \$76,157	\$29,566	\$26,243	\$86,084
Real estate expenses (23,232)	(8,985)	(8,288)	(26,085)

52,925	20,581	17,955	59,999
Real estate depreciation and amortization (11,272)	(4,805)	(3,889)	(13,900)

INCOME FROM REAL ESTATE \$41,653	\$15,776	\$14,066	\$46,099
Other income 712	85	165	521
Interest expense (12,484)	(5,463)	(4,469)	(16,070)
General and administrative (4,663)	(1,572)	(1,485)	(4,510)

INCOME BEFORE GAIN ON SALE OF REAL ESTATE \$25,218	\$8,826	\$8,277	\$26,040

Gain on sale of real estate 5,927	-	-	7,909
NET INCOME \$31,145	\$8,826	\$8,277	\$33,949
=====			
INCOME BEFORE GAIN ON REAL ESTATE PER SHARE (Basic) \$0.71	\$0.25	\$0.23	\$0.73
=====			
NET INCOME PER SHARE (Basic) \$0.87	\$0.25	\$0.23	\$0.95
=====			
Income before gain on sale of real estate \$25,218	\$8,826	\$8,277	\$26,040
Real estate depreciation and amortization 11,272	4,805	3,889	13,900

FUNDS FROM OPERATIONS \$36,490	\$13,631	\$12,166	\$39,940
=====			
FUNDS FROM OPERATIONS PER SHARE \$1.02	\$0.38	\$0.34	\$1.12
=====			
DIVIDENDS PAID PER SHARE \$0.83	\$0.2925	\$0.28	\$0.8651
=====			

Weighted average shares outstanding 35,716,150 35,692,042 35,711,402
 35,687,085
 </TABLE>

BALANCE SHEET DATA	AS OF	AS OF
	SEPTEMBER 30,	DECEMBER 31,
	1999	1998
Cash and temporary investments	\$1,936	\$4,595
Real estate assets, at cost (1)	654,094	598,874
Total assets, at cost (1)	680,336	627,008
Lines of credit payable	29,000	44,000
Mortgage note payable	87,208	28,912
Notes payable	210,000	210,000
Total liabilities	343,456	303,447
Shareholders' equity	257,177	253,733
Shareholders' equity, at cost (1)	\$335,291	\$322,034

(1) At cost means adding back accumulated depreciation.

CONTINUED

WASHINGTON REAL ESTATE INVESTMENT TRUST
 Q3 1999 SUPPLEMENTAL DISCLOSURES
 PAGE 4 OF 9

FFO PER SHARE GROWTH AVERAGES 19% > INDUSTRY AVERAGE OVER LAST 5 QUARTERS
 50% > INDUSTRY AVERAGE OVER LAST 2 QUARTERS

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.

[GRAPHIC]

	Q3 1998	Q4 1998	Q1 1999	Q2 1999	Q3 1999	Average
WRIT					11.8%	11.2%
REIT Industry *					7.8%	9.9%

*REIT Industry data for Q3 1998 - Q2 1999 is actual FFO per share growth is per DLJ Equity REIT Research. Estimate for REIT Industry Q3 1999 FFO Per Share growth is per PaineWebber Incorporated.

CORE PORTFOLIO OPERATING INCOME (NOI) GROWTH, RENTAL RATE GROWTH, NET REVENUE GROWTH AND OPERATING EXPENSE INCREASE BY SECTOR - Q3 1999 VS. Q3 1998

<TABLE>

<CAPTION>

SECTOR	NOI GROWTH	RENTAL RATE GROWTH	NET REVENUE GROWTH	OPERATING
				EXPENSE INCREASE (DECREASE)
<S>	<C>	<C>	<C>	<C>
Apartments	13.8%	4.8%	7.6%	-0.7%
Office Buildings	6.0%	5.2%	3.9%	-0.1%
Retail Centers	5.0%	1.9%	2.5%	-5.6%
Industrial/Flex Centers	3.4%	1.7%	4.5%	6.8%
OVERALL CORE PORTFOLIO	6.8%	4.1%	4.5%	-0.3%

CONTINUED

WASHINGTON REAL ESTATE INVESTMENT TRUST
 Q3 1999 SUPPLEMENTAL DISCLOSURES
 PAGE 5 OF 9

CORE PORTFOLIO & OVERALL OCCUPANCY LEVELS BY SECTOR

SECTOR	CORE PORTFOLIO		ALL PROPERTIES	
	3RD QTR 1999	3RD QTR 1998	3RD QTR 1999	3RD QTR 1998
Apartments	97.4%	94.1%	97.4%	94.1%
Office Buildings	96.0%	97.4%	96.5%	97.3%
Retail Centers	95.2%	94.9%	93.3%	93.4%
Industrial/Flex Centers	93.8%	90.5%	94.5%	91.2%
OVERALL PORTFOLIO	95.9%	95.3%	96.0%	95.1%

CORE PORTFOLIO NOI GROWTH HAS AVERAGED 44% > INDUSTRY OVER LAST 5 QUARTERS

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

[GRAPHIC]

	Q3 1998	Q4 1998	Q1 1999	Q2 1999	Q3 1999	Average
WRIT					6.8%	7.8%
Industry Avg. *					5.4%	5.4%

*REIT Industry Same Store NOI growth data is per PaineWebber Incorporated.

CAPITAL IMPROVEMENTS SUMMARY

During Q3 1999, WRIT invested \$3.2 million in real estate capital improvements. A breakdown of these improvements is as follows (in 000's):

Accretive Capital Improvements	
Acquisition Related	\$1,790
Expansions & Major Renovations	3,188
Tenant Improvements	570

Total Accretive Capital Improvements	5,548
Recurring Capital Improvements	1,288

Total Capital Improvements	\$6,836

CONTINUED

WASHINGTON REAL ESTATE INVESTMENT TRUST

Q3 1999 SUPPLEMENTAL DISCLOSURES

PAGE 6 OF 9

Q3 1999 COMMERCIAL LEASING ACTIVITY - 302,000 SF LEASED AT AVG. 26.5% RENT INCREASE

In Q3 1999, WRIT executed leases for 302,000 square feet of commercial space at a weighted average initial face rate of \$14.12 psf. This represents an increase of 26.5% (\$2.96 psf) over the prior rent in place on a cash, i.e., non-straight line basis. Details by sector are as follows:

<TABLE>

<CAPTION>

SECTOR	SQUARE FEET	PREVIOUS FACE RENT	NEW FACE RENT	\$ INCREASE	% INCREASE
- - - - -	- - - - -	- - - - -	- - - - -	- - - - -	- - - - -
<S>	<C>	<C>	<C>	<C>	<C>
Office	128,526	\$18.03	\$ 23.21	\$ 5.18	28.8%
Retail	49,178	9.64	12.59	2.95	30.6%
Industrial/Flex	124,133	4.66	5.33	.66	14.2%
	-----	----	----	---	-----
OVERALL/AVG.	301,837	\$11.16	\$14.12	\$ 2.96	26.5%

SECTOR	AVG TERM (YEARS)	AVERAGE SQUARE FEET	AVERAGE TENANT IMP.
- - - - -	- - - - -	- - - - -	- - - - -
Office	3.7	2,678	\$7.50
Retail	3.9	3,278	1.33
Industrial/Flex	2.8	4,432	.11
	---	-----	----
OVERALL/AVG.	3.4	3,317	\$3.46

</TABLE>

YTD 1999 COMMERCIAL LEASING ACTIVITY - 804,000 SF LEASED AT AVG. 18.6% RENT INCREASE

Year to date in 1999, WRIT has executed leases for 804,000 square feet of commercial space at a weighted average initial face rate of \$14.49 psf. This represents an increase of 18.6% (\$2.27 psf) over the prior rent in place on a cash, i.e., non-straight line basis. Details by sector are as follows:

<TABLE>

<CAPTION>

SECTOR	SQUARE FEET	PREVIOUS FACE RENT	NEW FACE RENT	\$ INCREASE	% INCREASE
- - - - -	- - - - -	- - - - -	- - - - -	- - - - -	- - - - -
<S>	<C>	<C>	<C>	<C>	<C>
Office	342,493	\$ 19.03	\$ 22.94	\$ 3.91	20.6%
Retail	140,576	11.35	13.38	2.03	17.9%
Industrial/Flex	321,131	5.33	5.96	.63	11.8%
	-----	-----	-----	-----	-----

OVERALL/AVG. 804,200 \$ 12.22 \$ 14.49 \$ 2.27 18.6%

SECTOR	AVG TERM (YEARS)	AVERAGE SQUARE FEET	AVERAGE TENANT IMP.
Office	3.9	2,566	\$5.32
Retail	4.3	3,195	.98
Industrial/Flex	2.8	7,646	.34
OVERALL/AVG.	3.6	3,655	\$2.58

</TABLE>

CONTINUED

WASHINGTON REAL ESTATE INVESTMENT TRUST
Q3 1999 SUPPLEMENTAL DISCLOSURES
PAGE 7 OF 9

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 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 September 30, 1999, i.e., in the 16 months since acquisition, WRIT has executed leases for 249,000 square feet at a weighted average \$5.21 NNN psf. This average rent is 23% above the average rent in the park at acquisition.

Based on the above, WRIT's cash, unleveraged return on investment (ROI) at NVIP is as follows:

ROI at Acquisition 5/98	8.6%
ROI at 9/30/99	9.5%
ROI with marked to market rents	12.3%

Q3 1999 ACQUISITIONS

NORTH AMERICAN VACCINE BUILDING, a 30,800 square foot industrial/flex building in Beltsville, Maryland was acquired for \$2.2 million, cash, on September 13, 1999 in a sale-leaseback transaction. North American Vaccine, Inc. will occupy the building under a 10 year lease and the acquisition is anticipated to produce a first year unleveraged cash return on investment of 10.7%.

The North American Vaccine Building is located in the Ammendale Technology Park in Beltsville, Maryland, at the southern end of the Baltimore-Washington Corridor. Access to I-95 and the Capital Beltway interchange is two miles west of the property.

WRIT now owns all seven buildings in Ammendale Technology Park Phases I and II. These buildings contain 305,000 sf of flex/industrial space and are 100% leased.

AVONDALE APARTMENTS, a 237 unit apartment project located in Laurel, Maryland was acquired for \$12.7 million on September 21, 1999. The 11 story high-rise was 95% leased at acquisition. At an average purchase price of \$53,600 per unit, the property was acquired at a substantial discount to replacement cost.

Built in 1987, the property has high visibility from Route 1, Route 198, and Laurel Centre Mall due to its height and position atop a hill. Avondale is highly accessible from all of Laurel's major transportation arteries. The property is 2 miles from I-95 and 1/4 mile from Route 1, a major transportation artery originating in Northern Virginia which runs north through Washington, DC and extends into Maryland. The Baltimore-Washington Parkway (I-295) is within 3 1/2 miles of the property.

CONTINUED

WASHINGTON REAL ESTATE INVESTMENT TRUST
Q3 1999 SUPPLEMENTAL DISCLOSURES
PAGE 8 OF 9

Laurel benefits from its close proximity to Washington, DC, as well as Annapolis, Baltimore and Columbia in Maryland. Major area employers include the National Security Agency, Fort Meade, University of Maryland, NASA-Goddard Space Flight Center, and Johns Hopkins Applied Physics Laboratory.

Avondale Apartments are within walking distance of Laurel Centre Mall, Laurel

Shopping Center, and Laurel Lake Shopping Center as well as restaurants, entertainment facilities and Laurel Lake, including its jogging path and boathouse.

Project amenities include controlled access entry, swimming pool, whirlpool, health club with sauna, lighted tennis court and a business center with conference room.

Avondale boasts a diverse resident base with varying occupations and an average household income of \$36,508. Within a 3-mile radius of the property the median household income is \$50,398 per year, with 70% of the population having white collar occupations. The 1998 median housing value is \$155,075.

Q3 1999 FINANCING & 9/30/99 DEBT SUMMARY

On September 27, 1999, WRIT closed on a \$50 million secured financing transaction with First Union National Bank. Interest only is due on the loan at 7.14% fixed for 10 years. The loan is secured by five Virginia Apartment properties - Country Club Towers, Park Adams, Munson Hill Towers, Roosevelt Towers and the Ashby at McLean. Proceeds from the loan were used to pay down WRIT's Lines of Credit.

At September 30, 1999, WRIT's debt was as follows (in \$millions):

	Amount	Average Maturity(Yrs)	Average Interest Rate
	-----	-----	-----
Secured	\$ 87.2	8.0	7.5%
Unsecured			
Lines of Credit	\$ 29.0	2.5	6.4%
Senior Notes & MTNs	\$ 210.0	11.7	7.2%
	-----	-----	-----
Total Unsecured	\$ 239.0	10.6	7.1%
	-----	-----	-----
Total Debt	\$ 326.2	9.9	7.2%

*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.

CONTINUED

WASHINGTON REAL ESTATE INVESTMENT TRUST
Q3 1999 SUPPLEMENTAL DISCLOSURES
PAGE 9 OF 9

TERRACE BUILDING AT 7900 WESTPARK DRIVE DELIVERED

On September 15, 1999, WRIT delivered the Terrace Building at 7900 Westpark Drive. The entire 49,000 square foot building will be occupied by a single tenant as their corporate headquarters under a 12 year lease.

7900 Westpark Drive is a 527,000 square foot office complex in Tysons Corner, Virginia. Upon acquisition in November 1997, WRIT announced the opportunity to develop this addition and projected that the Terrace Building could produce a 12% unleveraged return on investment. With the development complete, WRIT now anticipates the Terrace Building's unleveraged return on investment will exceed 13.6%.

Results at the existing 7900 building have also significantly exceeded projections. Upon acquisition, WRIT indicated that market rents at the property were \$24 per square foot, which was 20% above the average existing rents in the building. Since acquisition, leases executed at the property have averaged \$25.80 per square foot, which is 29% above the average existing rents in the building.

Based on the above, WRIT's cash, unleveraged return on investment (ROI) at 7900 Westpark Drive is as follows:

ROI at Acquisition 11/97	8.4%
ROI at 9/30/99	9.7%
ROI with marked to market rents	11.9%

WRIT owns five office buildings containing approximately 1,030,000 square feet in the Tysons Corner market, giving it significant leasing opportunities to satisfy the changing needs of its more than 140 tenants in these properties. The Tysons Corner office market is one of the nations largest and strongest, with over 20 million square feet of office space and a 3.7% vacancy rate. WRIT's Tysons Corner office buildings are currently over 99% leased.

END