### UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL OMB Number: 3235-0287 Estimated average burden hours per response...

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1 Nomes or	pe Response	-/													
1. Name and Address of Reporting Person * REGNELL THOMAS L			2. Issuer Name and Ticker or Trading Symbol WASHINGTON REAL ESTATE INVESTMENT TRUST [WRE]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)							
(Last) (First) (Middle) 6110 EXECUTIVE BLVD., SUITE 800			3. Date of Earliest Transaction (Month/Day/Year) 12/12/2008							Sr. V	V.P Acqui	sitions			
(Street)  ROCKVILLE, MD 20852			4. If Amendment, Date Original Filed(Month/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line)  Form filed by One Reporting Person  Form filed by More than One Reporting Person							
	(City) (State) (Zip)				Table I - Non-Derivative Securities Acqu					ured, Disposed of, or Beneficially Owned					
1.Title of Security (Instr. 3)		Date	2. Transaction Date (Month/Day/Year)	•		if Code (Instr. 8)		4. Securities Acquire (A) or Disposed of (I (Instr. 3, 4 and 5)		of (D)	Beneficia Reported	ally Owned Following Transaction(s)		Ownership Form:	7. Nature of Indirect Beneficial
				(Month/Day/Year)		Code	· \	' Amoun	(A) or (D)	Price	(Instr. 3 a	nd 4)		Direct (D or Indirec (I) (Instr. 4)	
Commor	n Stock		12/12/2008			A(1	1	3,900	A	\$ 0	43,654.	11		D	
Common Stock									1,150		I	by Spouse			
	T	1	or each class of secur		<u>. , ,</u>		Per	sons wh	o respon	m are	e not requ		ormation spond unleading		C 1474 (9-02)
				Derivative So			ired, l	Disposed (	of, or Ben	eficial	·			r.	
1 Title of	2	3 Transaction		e.g., puts, ca	lls, wa	rrants,	ired, l	Disposed o	of, or Bend	eficial rities)	lly Owned				11 Natu
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security		n 3A. Deemed Execution Da	te, if Transa Code	ction 8	rrants, 5.	ired, I poption 6. 1 and (M	Disposed (	of, or Bend tible secur cisable on Date	7. Tana	·	8. Price of	9. Number Derivative Securities Beneficially Owned Following Reported Transactior (Instr. 4)	of 10. Owne Form Derive Securi Direct or Ind	ottive Ownersh tty: (Instr. 4) (D) rect

## Keporung Owners

	D ( O N /	Relationships						
R	Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
6110 SUI	ENELL THOMAS L DEXECUTIVE BLVD. TE 800 CKVILLE, MD 20852			Sr. V.P Acquisitions				

# **Signatures**

By: Thomas C. Morey For: Thomas L. Regnell	12/16/2008
**Signature of Reporting Person	Date

## **Explanation of Responses:**

- \* If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Restricted stock units granted pursuant to the Washington Real Estate Investment Trust 2007 Omnibus Long-Term Incentive Plan based on closing price on 12/12/08 of \$26.05

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

Know all by these presents, that the undersigned hereby constitutes and appoints Thomas C. Morey signing singly, the undersigneds true and lawful attorney in fact to:

- (1) execute for and on behalf of the undersigned, in the undersigneds capacity as an officer and or Trustee of WRIT (the "Trust"), Forms 3, 4, and 5 in accordance with Section 16(a) of the Securities Exchange Act of 1934 and the rules thereunder;
- (2) do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to complete and execute any such Form 3, 4 or 5, complete and execute any amendment or amendments thereto, and timely file such form with the United States Securities and Exchange Commission and any stock exchange or similar authority; and
- (3) take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney in fact, may be of benefit to, in the best interest of, or legally required by, the undersigned, it being understood that the documents executed by such attorney in fact on behalf of the undersigned pursuant to this Power of Attorney shall be in such form and shall contain such terms and conditions as such attorney in fact may approve in such attorney in facts discretion.

The undersigned hereby grants such attorney in fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, or proper to be done in the exercise of any of the rights and powers herein granted, as fully to all intents and purposes as the undersigned might or could do if personally present, with full power of substitution or revocation, hereby ratifying and confirming all that such attorney in fact, or such attorney in facts substitute or substitutes, shall lawfully do or cause to be done by virtue of this power of attorney and the rights and powers herein granted. The undersigned acknowledges that the foregoing attorney in fact, in serving in such capacity at the request of the undersigned, are not assuming, nor is the Trust assuming, any of the undersigneds responsibilities to comply with Section 16 of the Securities Exchange Act of 1934.

This Power of Attorney shall remain in full force and effect until the undersigned is no longer required to file Forms 3, 4 and 5 with respect to the undersigneds holdings of and transactions in securities issued by the Trust, unless earlier revoked by the undersigned in a signed writing delivered to the foregoing attorneys in fact.

IN WITNESS WHEREOF, the undersigned has executed as of this11th day of		-	to be
/s/Thomas L. Regnell			