

ALEXANDRIA REAL ESTATE EQUITIES INC

Form 4

November 20, 2006

FORM 4

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

OMB APPROVAL

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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, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
RICHARDSON JAMES H

2. Issuer Name and Ticker or Trading Symbol
ALEXANDRIA REAL ESTATE EQUITIES INC [are]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
385 E. COLORADO BLVD. SUITE 299

3. Date of Earliest Transaction (Month/Day/Year)
11/17/2006

Director 10% Owner
 Officer (give title below) Other (specify below)
President

(Street)
PASADENA, CA 91101

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 Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock	11/17/2006		M		\$ 5,000	A	199,863
Common Stock	11/17/2006		S		\$ 98.62	D	199,663
Common Stock	11/17/2006		S		\$ 98.63	D	199,163
Common Stock	11/17/2006		S		\$ 98.65	D	198,763
Common Stock	11/17/2006		S		\$ 98.66	D	197,963

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Common Stock	11/17/2006	S	100	D	\$ 98.68	197,863	D
Common Stock	11/17/2006	S	900	D	\$ 98.45	196,963	D
Common Stock	11/17/2006	S	100	D	\$ 98.46	196,863	D
Common Stock	11/17/2006	S	900	D	\$ 98.47	195,963	D
Common Stock	11/17/2006	S	100	D	\$ 98.48	195,863	D
Common Stock	11/17/2006	S	500	D	\$ 98.5	195,363	D
Common Stock	11/17/2006	S	200	D	\$ 98.52	195,163	D
Common Stock	11/17/2006	S	300	D	\$ 98.53	194,863	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Derivative Securities (Instr. 3 and 4)	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (Right to Buy)	\$ 24.8125	11/17/2006		M	5,000	<u>(1)</u>	08/01/2007	Common Stock	5,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
RICHARDSON JAMES H 385 E. COLORADO BLVD. SUITE 299 PASADENA, CA 91101	X		President	

Signatures

/s/ Eric J. Steiner
(Attorney-in-Fact) 11/20/2006

__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) Immediately

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