

BioMed Realty Trust Inc
 Form 4
 January 17, 2014

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 *
 Gold Alan D

(Last) (First) (Middle)
 17190 BERNARDO CENTER
 DRIVE
 (Street)

SAN DIEGO, CA 92128

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
 BioMed Realty Trust Inc [BMR]

3. Date of Earliest Transaction
 (Month/Day/Year)
 01/15/2014

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)
 Chairman and CEO

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

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)
				(A) or (D)	Price		
Common Stock	01/15/2014		A	106,952	A 11	484,177	D

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

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SEC 1474 (9-02)

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

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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)				
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount Number of Shares
Performance Units 2012	(2)					(2)	(2)			Common Stock	32,792
Performance Units 2013	(3)					(3)	(3)			Common Stock	100,260
Performance Units 2014	(4)	01/15/2014		A	106,950	(4)	(4)			Common Stock	106,950

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Gold Alan D 17190 BERNARDO CENTER DRIVE SAN DIEGO, CA 92128	X		Chairman and CEO	

Signatures

Jonathan P. Klassen,
Attorney-In-Fact

01/17/2014

__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) Grant of Restricted Stock.

Each performance unit represents a contingent right to receive one share of the company's common stock. The performance units vest in January 2015 based on the company's total stockholder return performance relative to a selected peer group for the three years ended

(2) December 31, 2014. The performance units reported represent target performance. The maximum number of performance units which may be earned is 65,584 performance units, and the minimum number of performance units which may be earned is zero (0) performance units.

(3) Each performance unit represents a contingent right to receive one share of the company's common stock. The performance units vest 1/2 each in January 2015 and January 2016 based on the company's total stockholder return performance relative to a selected peer group for the two years ended December 31, 2014 and three years ended December 31, 2015, respectively. The performance units reported represent target performance. The maximum number of performance units which may be earned is 200,520 performance units, and the minimum number of performance units which may be earned is zero (0) performance units.

(4) Each performance unit represents a contingent right to receive one share of the company's common stock. The performance units vest in January 2017 based on the company's total stockholder return performance relative to a selected peer group for the three years ended

December 31, 2016. The performance units reported represent target performance. The maximum number of performance units which may be earned is 213,900 performance units, and the minimum number of performance units which may be earned is zero (0) performance units.

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