

SECURITIES AND EXCHANGE COMMISSION

FORM 5

Annual statement of changes in beneficial ownership of securities

Filing Date: **2001-02-02** | Period of Report: **2001-01-31**
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SUBJECT COMPANY

NATIONAL HEALTH REALTY INC

CIK: **1047334** | IRS No.: **522059888** | State of Incorporation: **MD** | Fiscal Year End: **1231**
Type: **5** | Act: **34** | File No.: **001-13487** | Film No.: **1521932**
SIC: **8051** Skilled nursing care facilities

Mailing Address

100 VINE ST
STE 1400
MURFREESBORO TN 37130

Business Address

100 VINE ST
STE 1400
MURFREESBORO TN 37130
6158902020

REPORTING OWNER

LAROCHE RICHARD F JR

CIK: **1012859** | State of Incorporation: **DE** | Fiscal Year End: **1231**
Type: **5**
SIC: **8051** Skilled nursing care facilities

Mailing Address

P.O. BOX 1398
MURFREESBORO TN
37133-1398

Business Address

P.O. BOX 1398
MURFREESBORO TN
37133-1398
6158902020

ANNUAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

() Form 3 Holdings Reported
 () Form 4 Transactions Reported

- Name and Address of Reporting Person
 LaRoche, Jr., Richard F.
 2103 Shannon Drive
 Murfreesboro, TN 37129
- Issuer Name and Ticker or Trading Symbol
 National Health Realty, Inc.
 NHR
- IRS or Social Security Number of Reporting Person (Voluntary)
- Statement for Month/Year
 January 31, 2001
- If Amendment, Date of Original (Month/Year)

- Relationship of Reporting Person(s) to Issuer (Check all applicable)
 () Director () 10% Owner (X) Officer (give title below) () Other
 (specify below)
 Vice President and Secretary
- Individual or Joint/Group Reporting (Check Applicable Line)
 (X) Form filed by One Reporting Person
 () Form filed by More than One Reporting Person

<TABLE>
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Table I -- Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security	2. Transaction Date	3. Transaction Code	4. Securities Acquired (A) or Disposed of (D) Amount	5. Amount of Securities Beneficially Owned at End of Year Price	6. Director or Indirect (I)	7. Nature of Indirect Beneficial Ownership
Shares of Common Stock, held in trust, subject to life estate				29,523	I	Remain. in GRAT
Shares of Common Stock - IRA (A=Dividends Reinvested)				1,921	D	IRA
Shares of Common Stock - Family Partnership	7/28/00	J	30,000	\$8.375	D	Family Partnership
Shares of Common Stock - Shannon Associates (myself & spouse)				310,334	D	

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Table II -- Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Derivative Security	2. Conversion or Exercise Price of Derivative	3. Transaction Date	4. Transaction Code	5. Number of Derivative Securities Acquired (A) or Disposed of (D) Amount	6. Date Exercisable and Expiration Date (Month/Day/Year) A/Exercisable Date	7. Title and Amount of Underlying Securities Title and Number of Shares	8. Price of Derivative Security	9. Number of Derivative Securities Beneficially Owned at End of Year	10. Director or Indirect (I)	11. Nature of Indirect Beneficial Ownership
Employee Stock Option - Right to Buy	\$8.375	10/13/99	A	32,000	10/13/2005	Common Stock 32,000		32,000	D	

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Explanation of Responses:

*J - NHR allowed the security holder to cancel the promissory note used to finance the option purchase by surrendering the securities purchased.