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ALLIED IRISH BANKS PLC Form 6-K May 23, 2005

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

FORM 6-K

Report of Foreign Private Issuer

Pursuant to Rule 13a-16 or 15d-16 under the Securities Exchange Act of 1934

For the date of 23 May 2005

ALLIED IRISH BANKS, public limited company

Bankcentre, Ballsbridge, Dublin 4, Republic of Ireland

Indicate by check mark whether the registrant files or will file annual reports under cover of Form 20-F or Form 40-F.

Form 20-F..X... Form 40-F.....

Indicate by check mark whether the registrant by furnishing the information contained in this Form is also thereby furnishing the information to the Commission pursuant to Rule 12g3-2(b) under the Securities Exchange Act of 1934.

Yes No ..X...

If "Yes" is marked, indicate below the file number assigned to the registrant in connection with Rule 12g3-2(b): 82-

For Immediate Release - 23 May 2005

Listing Rule 16.4

In connection with the recent appointment of Mr. Eugene Sheehy to the Board of Allied Irish Banks, p.l.c., Mr. Sheehy is also a Director of M&T Bank Corporation, and there are no details to be notified to the Company Announcements Office pursuant to Listing Rule 16.4 (b).

-End-

For further information please contact:

Liam Kinsella, Secretary, AIB Group, Bankcentre, Ballsbirdge

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Dublin 4.

Tel: 00 353 1 6413907

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 authorised.

ALLIED IRISH BANKS, p.l.c. (Registrant)

Date 23 May 2005

By: ______ Gary Kennedy Group Director, Finance, Risk and Enterprise Technology Allied Irish Banks, p.l.c.