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ALLIED IRISH BANKS PLC Form 6-K November 28, 2006

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 28 November, 2006

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

28th November 2006

Allied Irish Banks, p.l.c. announces date for Trading Update

Allied Irish Banks, p.l.c. ("AIB") (NYSE:AIB) will issue a trading update on the 7 th December 2006.

Please note this will not be a 7am release but will issue during the course of the day.

Group results for the year ending 31st December 2006 will be announced on 6th March 2007.

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-ENDS-

For further information please contact:
Alan Kelly
General Manager, Group Finance
AIB Group
Bankcentre
Dublin 4
Tel: +353-1-6412162

Maurice Tracey
Group Investor Relations Manager
AIB Group
Bankcentre
Dublin 4
Tel: +353-1-6414191

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 28 November, 2006