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ALLIED IRISH BANKS PLC Form 6-K May 29, 2007

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 May, 2007

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 May 2007

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 Wednesday, 6th June 2007.

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

Group results for the half year ending 30th June 2007 will be announced on 1st August 2007.

-ENDS-

For further information please contact: Alan Kelly General Manager, Group Finance AIB Group

Rose O'Donovan Group Investor Relations Manager AIB Group

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Bankcentre Dublin 4 Tel: +353-1-6412162 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 29 May, 2007