

ALLIED IRISH BANKS PLC
Form 6-K
January 22, 2009

**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 22 January 2009

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

22 January 2009

BOARD
APPOINTMENTS
AT AIB

Allied Irish Banks, p.l.c., ("AIB") announces the appointment today of Mr. Declan Collier and Mr. Dick Spring as Non-Executive Directors

Mr. Collier has been the Chief Executive of the Dublin Airport Authority since 2005. He previously worked for ExxonMobil where he held various senior management positions in Ireland and the UK

He is currently a Director of Dublin Airport Authority plc, Chairman of Aer Rianta International cpt and Chairman of DAA Finance plc.

Mr. Spring served as Tanaiste (Deputy Prime Minister) and Minister for Foreign Affairs between 1993 and 1997, and is a former leader of the Labour Party

He is currently Executive Vice Chairman, Fexco Holdings Ltd.

Chairman of International Development Ireland Ltd., Altobridge Ltd., and Alder Capital Ltd., and a Director of Repak Ltd. and The Realta Global Aids Foundation Ltd.

Ends

22 January 2009

For further information please contact:

Liam Kinsella,
Secretary,
Allied Irish Banks, p.l.c.,
Bankcentre,
Ballsbridge,
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 22 January, 2009

By: _____
John O'Donnell
Group Director, Finance,
Risk and Enterprise Technology
Allied Irish Banks, p.l.c.