

ALLIED IRISH BANKS PLC  
Form 6-K  
May 18, 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 18 May, 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-  
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**For Immediate Release**

**18<sup>th</sup> May 2009**

**ALLIED IRISH BANKS PLC - PILLAR 3 DISCLOSURE 2008**

Allied Irish Banks, p.l.c. ("AIB") [NYSE:AIB] has published its Pillar 3 Disclosure 2008 on the Investor Relations section of the Company's website at [www.aibgroup.com](http://www.aibgroup.com) .

**- Ends-**

***For further information please contact:***

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**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 18 May, 2009

By: \_\_\_\_\_

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