

ALLIED IRISH BANKS PLC
Form 6-K
March 09, 2010

**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 09 March 2010

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 9th March 2010

ALLIED IRISH BANKS, p.l.c. FILES 2009 FORM 20-F

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("AIB") [NYSE:AIB]

filed its Annual Report on Form 20-F for the year ended 31 December 2009 with the U.S. Securities and Exchange Commission on Monday, 8 March, 2010.

The Form 20-F is available on the Investor Relations section of the Company's website at www.aibgroup.com/investorrelations.

Shareholders who wish to receive a hard copy of the Form 20-F should make a request to The Company Secretary, Allied Irish Banks, p.l.c., Bankcentre, Ballsbridge, Dublin 4, Ireland.

Hard copies of the 2009 Annual Financial Report, incorporating the 2009 Form 20-F, will be available from end March 2010 and will be mailed free of charge thereafter, if requested.

-ENDS-

For further information please contact:-

David O'Callaghan.
Company Secretary,
Allied Irish Banks, p.l.c.,
Tel: +353 1 6414672

END

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 09 March 2010

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