

ALLIED IRISH BANKS PLC
Form 6-K
June 16, 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 16 June, 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 16th June 2010

Resignation of Colm Doherty from the Board of M&T Bank Corporation

Allied Irish Banks, p.l.c. ("AIB") [NYSE:AIB] advises that Colm Doherty, Group Managing Director, has resigned from the Board of Directors of M&T Bank Corporation. This follows AIB's previous announcement of its intention to sell its stake in M&T.

- Ends -

For further information please contact:

Catherine Burke
Head of Corporate Relations
AIB Group
Dublin 4
Tel: +353-1-641 3894

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 16 June, 2010

By: _____
Maelíosa óHógartaigh
Acting Chief Financial Officer
Allied Irish Banks, p.l.c.