

ALLIED IRISH BANKS PLC  
Form 6-K  
July 05, 2011  
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 4 July, 2011

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

4th July 2011

ALLIED IRISH BANKS PLC - PILLAR 3 DISCLOSURE 2010

Allied Irish Banks, p.l.c. ("AIB")[NYSE:AIB] has published its Pillar 3 Disclosure 2010 on the 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 4 July, 2011

By: \_\_\_\_\_  
Paul Stanley  
Acting Chief Financial Officer  
Allied Irish Banks, p.l.c.