



For Immediate Release

9th March 2010

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

Allied Irish Banks, p.l.c. ("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.

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For further information please contact:-

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