

RYANAIR HOLDINGS PLC  
Form 6-K  
April 03, 2009

**SECURITIES AND EXCHANGE COMMISSION**

**Washington, D.C. 20549**

**FORM 6-K**

**Report of Foreign Private Issuer**

**Pursuant to Rule 13a-16 or 15d-16  
of the Securities Exchange Act of 1934**

For the month of APRIL 2009

**RYANAIR HOLDINGS PLC**  
(Translation of registrant's name into English)

**c/o Ryanair Ltd Corporate Head Office**  
**Dublin Airport**  
**County Dublin Ireland**  
(Address of principal executive offices)

Indicate by check mark whether the registrant files or will file annual reports under cover Form 20-F or Form 40-F.

Form 20-F..X.. Form 40-F.....

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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- \_\_\_\_\_

RYANAIR'S MARCH TRAFFIC GROWS 5%

The following are Ryanair's passenger and load factor statistics for March 2009:

	<b>Mar 08</b>	<b>Mar 09</b>	<b>Change</b>	<b>12 mth to 31 Mar</b>
<b>Passengers (m) 1</b>	<b>4.5m</b>	<b>4.7m</b>	<b>+5%</b>	<b>58.6M</b>
<b>Load Factor 2</b>	<b>79%</b>	<b>77%</b>	<b>-2%*</b>	<b>81%</b>

1. Represents the number of earned seats flown by Ryanair.
2. Represents the number of passengers as a proportion of the number of seats available for passengers.

\* Load factors in March were impacted by the switch of Easter (a busy travel period) from March to April.

Ends.

Friday, 3rd April 2009

**For further information:**

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**Ryanair**  
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**Pauline McAlester**  
**Murray Consultants**  
**Tel: 00 353 1 4980 300**

**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, hereunto duly authorized.

RYANAIR HOLDINGS PLC

Date: 03 April 2009

By:\_\_\_/s/ James Callaghan\_\_\_

James Callaghan  
Company Secretary & Finance Director