

RYANAIR HOLDINGS PLC
Form 6-K
February 03, 2010

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 February, 2010

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.....

Indicate by check mark whether the registrant by furnishing the information

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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 TRAFFIC GROWS 9% IN JANUARY

The passenger and load factor statistics for January 2010 for Ryanair, the world's largest international scheduled airline are as follows:

	Jan 09	Jan 10	Increase	12 mth to 31 Jan 10
Passengers (m) ¹	4.08M	4.44M	+9%	65.6M
Load Factor ²	69%	70%	+1%	82%

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

Ends.

Wednesday, 3rd February 2010

For further information:

Stephen McNamara - Ryanair
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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, hereunto duly authorized.

RYANAIR HOLDINGS PLC

Date: 03 February, 2010

By: ___/s/ Juliusz Komorek___

Juliusz Komorek
Company Secretary