RYANAIR HOLDINGS PLC Form 6-K January 28, 2019

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 January 2019

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

c/o Ryanair Ltd Corporate Head Office Dublin AirportCounty 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 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-____

Standard Form TR-1

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Standard form for notification of major holdings NOTIFICATION OF MAJOR HOLDINGS (to be sent to the relevant issuer and to the Central Bank of Ireland)i 1. Identity of the issuer or the underlying issuer of existing shares to which voting rights are attachedii: Ryanair Holdings plc 2. Reason for the notification (please tick the appropriate box or boxes): [X] An acquisition or disposal of voting rights [] An acquisition or disposal of financial instruments [] An event changing the breakdown of voting rights [] Other (please specify)iii: 3. Details of person subject to the notification obligationiv : Name: City and country of registered office (if applicable): Los Angeles, California 90071 U.S.A. The Capital Group Companies, Inc. 4. Full name of shareholder(s) (if different from 3.)v: See Box 10 5. Date on which the threshold was crossed or reachedvi: 24 January 2019 6. Date on which issuer notified: 25 January 2019 7. Threshold(s) that is/are crossed or reached: Below 11% - Aggregate of voting rights from shares 8. Total positions of person(s) subject to the notification obligation: % of voting rights % of voting rights through Total of both in Total number of voting rights of(Add totals to this section) attached to shares financial instruments(total of % (9.A + 9.B) (total of 9.A) 9.B.1 + 9.B.2issuervii Resulting situation on the date on which threshold 11.1526% 0.0000% 11.1526% 1,133,395,322 was crossed or reached Position of previous 11.6963% 0.0000% 11.6963% notification (if applicable) 9. Notified details of the resulting situation on the date on which the threshold was crossed or reachedviii: A: Voting rights attached to shares Number of voting rightsix % of voting rights Class/type of shares ISIN code (if possible) Direct DirecIndirect Indirect Ordinary Shares (ISIN: IE00B1GKF381) 424,959 0.0375% American Depositary Shares (ISIN: 125,978,210 11.1151% US7835131043) SUBTOTAL A 126,403,169 11.1526%

B 1: Financial Instruments according to Regulation 17(1)(a) of the Regulations Type of financial instrument Expirationdatex Exercise/Conversion Number % Periodxi of voting

acquired if the instrument is exercised/converted.

N/A

SUBTOTAL B.1

B 2: Financial Instruments with similar economic effect according to Regulation 17(1)(b) of the Regulations

Type of financial instrument

Expirationdatex

Exercise/Conversion of Period xi settlementxii rights

ng % of voting rights

N/A

SUBTOTAL B.2

10. Information in relation to the person subject to the notification obligation

[] Person subject to the notification obligation is not controlled by any natural person or legal entity and does not control any other undertaking(s) holding directly or indirectly an interest in the (underlying) issuer.xiii

[X] Full chain of controlled undertakings through which the voting rights and/or the financial instruments are effectively held starting with the ultimate controlling natural person or legal entityxiv:

Namexv	% of voting rights if it equals or is higher than the notifiable threshold	% of voting rights through financial instruments if it equals or is higher than the notifiable threshold	1
The Capital Group			
Companies, Inc.			
Holdings by CG			
Management companies	11.1526%	0.0000%	11.1526%
are set out below:			
Capital Research and			
Management Company1	10.7269%	0.0000%	10.7269%
Capital Guardian Trust			
Company2			
Capital International, Inc.2			
Capital International Sárl2			
EuroPacific Growth Fund See box 12			
(EUPAC) 3	See 00x 12		
1. Wholly owned subsidiary of The Capital Group Companies, Inc.			
2. Wholly owned indirect subsidiaries of Capital Research and Management Company			

3. Fund managed by Capital Research and Management Company

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11. In case of proxy voting: [name of the proxy holder] will cease to hold [% and number] voting rights as of [date]

12. Additional informationxvi:

CGC is the parent company of Capital Research and Management Company ("CRMC"). CRMC is a U.S.-based investment management company that manages the American Funds family of mutual funds. CRMC manages equity assets for various investment companies through three divisions, Capital Research Global Investors, Capital International Investors and Capital World Investors. CRMC in turn is the parent company of Capital Group International, Inc. ("CGII"), which in turn is the parent company of five investment management companies ("CGII management companies"): Capital Guardian Trust Company, Capital International, Inc., Capital International Limited, Capital International Sàrl and Capital International K.K. The CGII management companies primarily serve as investment managers to institutional clients.

Neither CGC nor any of its affiliates own shares of Ryanair Holdings plc for its own account. Rather, the shares reported on this Notification are owned by accounts under the discretionary investment management of one or more of the investment management companies described above.

EuroPacific Growth Fund ("EUPAC") is a mutual fund registered in the United States under the Investment Company Act of 1940. EUPAC is the legal owner of 10,192,371 ADRs (4.4964% of the outstanding shares) and it has granted proxy voting authority to its investment adviser CRMC.

Done at Los Angeles, California on 25 January 2019

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: 28 January, 2019

By:___/s/ Juliusz Komorek_____

Juliusz Komorek Company Secretary