

RYANAIR HOLDINGS PLC
Form 6-K
February 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 February, 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.....

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
JANUARY
TRAFFIC GROWS**

**11
%**

The following are
Ryanair
's passenger and load factor statistics for
January
200
9
.

| | Jan 08 | Jan 09 | Increase 12 mth to 31 Jan 09 | |
|----------------------------|------------------|------------------|-------------------------------------|------------------|
| Passengers (m) 1 | 3.68 m | 4.08 m | 11 % | 58.1 m |
| Load Factor 2 | 69 % | 69 % | 0 % | 81 % |

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

E
nds.

Tuesday, 3

rd

Feb
ruary

2009

**For further information:
Stephen McNamara**

**Pauline McAlester
Ryanair**

**Murray Consultants
Tel: 00 353 1 812
1271**

Tel: 00 353 1 4980 300

END

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, 2009

By:___/s/ James Callaghan_____

James Callaghan
Company Secretary & Finance Director