

RYANAIR HOLDINGS PLC
Form 6-K
December 03, 2008

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 December, 2008

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 NOVEMBER TRAFFIC GROWS 11% AS LOAD FACTOR RISES BY 1%

The following are Ryanair's passenger and load factor statistics for November 2008.

| | Nov 07 | Nov 08 | Increase | 12 mth to 30 Nov 08 |
|------------------------------------|---------------|---------------|-----------------|----------------------------|
| Passengers (m) ¹ | 3.89m | 4.32m | +11% | 57.3M |
| Load Factor ² | 78% | 79% | +1% | 81.5% |

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

Ends. Wednesday, 3rd December 2008

For further information

Please contact:

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Murray Consultants
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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 December 2008

By: ___/s/ James Callaghan___

James Callaghan
Company Secretary & Finance Director