RYANAIR HOLDINGS PLC
Form 6-K
November 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  November, 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 TRAFFIC GROWS 15% IN OCTOBER

The following are passenger and load factor statistics for October 2009 for Ryanair, the world's largest international scheduled airline.

|  | Oct 08 | Oct 09 | Increase | 12 mth to 31 Oct 09 |
|---|---|---|---|---|
| **Passengers (m)** [1] | **5.35M** | **6.16M** | **+15%** | **64.1M** |
| **Load Factor** [2] | **85%** | **85%** | **0%** | **82%** |

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.

Ends.                                    Tuesday, 3rd November 2009

**For further information:**

**Stephen McNamara - Ryanair**      **Pauline McAlester - Murray Consultants**

**Tel: 00 353 1 812 1271**          **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 November, 2009

By:___/s/ Juliusz Komorek____

Juliusz Komorek
Company Secretary