

RYANAIR HOLDINGS PLC  
Form 6-K  
August 03, 2011

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 August 2011

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 JULY TRAFFIC GROWS 6%

Ryanair today released passenger and load factor stats for July 2011 as follows:

	Jul 10	Jul 11	Increase	Yr to Jul 11
Passengers (m) 1	7.61M	8.08M	+6%	75.9M
Load Factor 2	88%	89%	+1%	83%

1. Represents the booked seats sold.
2. Represents passengers as a percentage of total seats available.

ENDS.

3rd August 2011

Ends:

For further information:

Stephen McNamara - Ryanair  
Tel: 00 353 1 812 1212

Joe Carmody - Edelman  
Tel: 00 353 1 678 9333

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: 3 August, 2011

By: \_\_\_/s/ Juliusz Komorek\_\_\_

Juliusz Komorek  
Company Secretary