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RYANAIR HOLDINGS PLC
Form 6-K
December 05, 2007

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 2007

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 NOVEMBER TRAFFIC GROWS 23%

The following are Ryanair's passenger and load factor statistics for November 2007.

| | Nov 06 | Nov 07 | Change | 12 mth to 30 Nov 07 |
|------------------|--------|--------|--------|---------------------|
| Passengers (m) 1 | 3.16m | 3.89m | + 23 % | 48.44m |
| Load Factor 2 | 79% | 78% | - 1% | 82% |

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1. Represents the number of earned seats flown by Ryanair. Earned seats include seats that are flown whether or not the passenger turns up because once a flight has departed a no-show customer is not entitled to change flights or seek a refund.
2. Represents the number of passengers as a proportion of the number of seats available for passengers.

ENDS.

Wednesday, 5th December 2007

For further information:

Peter Sherrard - Ryanair

Pauline McAlester - 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: 05 December 2007

By:___/s/ James Callaghan___

James Callaghan
Company Secretary & Finance Director