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RYANAIR HOLDINGS PLC Form 6-K November 19, 2004

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 2004

RYANAIR HOLDINGS PLC (Translation of registrant's name into English)

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-

DIRECTORS SHARE SALE

Ryanair Holdings plc ("the company"), Europe's No.1 low fares airline, today (November 19, 2004) announced that it had received a notification that Dr. Tony Ryan a Director of the company had sold 5,000,000 Ordinary Shares in the company at a price of EUR5.00 each on November 18, 2004.

For further information

please contact:

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Pat Walsh

Ryanair Murray Consultants
Tel. +353-1-8121212 Tel. +353-1-4980300

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: 19 November 2004

Paul Fitzsimmons

By:___/s/ Howard Millar____

H Millar

Company Secretary & Finance Director