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RYANAIR HOLDINGS PLC
Form 6-K
March 20, 2006

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 March, 2006

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 Holdings Plc

20th March 2006

Re: Holding in Company

A Letter from The Capital Group Companies, Inc dated 16th March 2006 to Ryanair Holdings Plc, received by Ryanair Holdings Plc on the 17th March 2006.

Re: Section 67 Notification

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Enclosed is a Section 67 Notification date 16th March 2006.

Please note that one or more of the affiliates of The Capital Group Companies, Inc. have made notifications to your company pursuant to Section 67 in the past.

For a description of our organisation, please visit our Web site at www.capgroup.com.

For the purposes of this notification an outstanding share balance of 770,794,836 shares was used to calculate the percentages of holdings of the relevant share capital which determine the notifiable interest. We believe this outstanding share balance is current; however, if this number is not accurate, please contact us as soon as possible so we may make the necessary revisions to this notification.

Should you have questions or require additional information, please contact Gina Martinez or Vivien Tan at (213) 815 -0489, or send a fax message to (213) 486-9698. Alternatively, you may contact us via E-mail at GRGroup@capgroup.com.

Vivien Tan
Compliance Associate
The Capital Group Companies, Inc.

A Letter from The Capital Group Companies, Inc. to Ryanair Holdings Plc dated 16 March 2006

Notification of Interests (Section 67 Companies Act 1990)

This Notice is given by The Capital Group Companies, Inc. on behalf of its affiliates, including Capital Research and Management Company, Capital International, Inc., Capital International S.A., Capital Guardian Trust Company, and Capital International Limited, pursuant to Section 67 of the Companies Act, 1990.

The interest in the relevant share capital indicated below arises by virtue of holdings attributed to the Companies (see Schedule A). These holdings form part of funds managed on behalf of investment clients by the Companies.

Share capital to which this relates:
Ordinary Shares (including ADRs)

Number of shares in which the Companies have a notifiable interest:
39,543,858 Ordinary Shares (including ADRs)

Name(s) of registered holder(s):
See Schedule B

As of 16 March 2006

Ryanair Holdings Plc

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	Number of Shares	Percent of Outstanding
The Capital Group Companies, Inc. ("CG") Holdings	39,543,858	5.130%

Holdings by CG Management Companies and Funds:

Capital Guardian Trust Company	6,698,081	0.869%
Capital International Limited	5,315,559	0.690%
Capital International S.A.	1,121,835	0.146%
Capital International Inc	346,588	0.045%
Capital Research and Management Company	26,061,795	3.381%

Schedule A

Schedule of holdings in Ryanair Holdings, Plc
As of 16 March 2006

CAPITAL GUARDIAN TRUST COMPANY

Registered Name	Local Shares
Cede & Co 55 Water Street New York, NY 10006	5,485,500
Alibank Nominees Limited Allied Irish Bank, Stock Exchange and Trust Services Bank Centre, P.O.Box 512 Dublin, Ballsbridge	1,212,581
Total	6,698,081

Schedule B

CAPITAL INTERNATIONAL LIMITED

Registered Name	Local Shares
Bank of New York Nominees Bank of New York 3 Birchin Lane London EC3V 9BY	823,895
Northern Trust	438,933

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<p>C/O NorTrust Nominees Limited 155 Bishopsgate London EC2M 3XS</p>	<p>195,990</p>
<p>Cede & Co 55 Water Street New York NY 10006</p>	<p>69,530</p>
<p>Citibank London 11 Old Jewry London EC2R 8D8 UK</p>	<p>75,134</p>
<p>Nortrust Nominees 155 Bishopsgate London EC2M 3XS United Kingdom</p>	<p>838,045</p>
<p>Bank of Ireland Intl Financial Services Centre 1 Harbourmaster Place Dublin 1</p>	<p>775,443</p>
<p>Allied Irish Bank Plc Stock Exchange and Trust Services Bank Centre, P.O. Box 512 Ballsbridge, Dublin 4</p>	<p>69,300</p>
<p>MSS Nominees Limited Midland Bank Plc Mariner House, Pepys London EC3N 4DA</p>	<p>362,086</p>
<p>State Street Bank & Trust Co</p>	<p>4,200</p>
<p>Deutsche Bank AG 23 Great Winchester Street London EC2P 2AX United Kingdom</p>	<p>9,800</p>
<p>Mellon Bank N.A. London Branch London United Kingdom</p>	<p>657,743</p>
<p>Alibank Nominees Limited Allied Irish Bank Stock Exchange and Trust Services Bank Centre PO Box 512 Dublin Ballsbridge</p>	<p>93,500</p>
<p>Citibank N.A. (Ireland) IFSC House Custom House Quay Dublin 1</p>	<p>592,000</p>
<p>Bank of Ireland Nominees Limited Bank of Ireland International Financial Services Center</p>	

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1 Harbourmaster Place

AIB Custodial Nominees Limited	97,100
JP Morgan Chase Bank	212,860
Total	5,315,559

Capital International S.A

Registered Name	Local Shares
Cede & Co 55 Water Street New York NY 10006	980,435
Bank of Ireland Intl Financial Services Centre 1 Harbourmaster Place Dublin 1	11,400
Bank of Ireland Nominees Limited Bank of Ireland Intl Financial Services Centre 1 Harbourmaster Place	130,000
Total	1,121,835

Schedule B

Capital International, Inc

Registered Name	Local Shares
Cede & Co 55 Water Street New York, NY 10006	186,500
Alibank Nominees Limited Allied Irish Bank Stock Exchange and Trust Services Bank Centre P.O. Box 512 Dublin Ballsbridge	160,088
Total	346,588

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Schedule B

Capital Research and Management Company

Registered Name	Local Shares
Cede & Co 55 Water Street New York, NY 10006	26,061,795
Total	26,061,795

This announcement has been issued through the Companies Announcement Service of the Irish Stock Exchange.

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: 20 March 2006

By:____/s/ James Callaghan____

James Callaghan
Company Secretary & Finance Director