RYANAIR HOLDINGS PLC Form 6-K July 21, 2016

#### 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 July 2016

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

c/o Ryanair Ltd Corporate Head Office Dublin AirportCounty 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-\_\_\_\_\_

Standard Form TR-1

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Standard form for notification of major holdings

NOTIFICATION OF MAJOR HOLDINGS (to be sent to the relevant issuer and to the Central Bank of Ireland)i

1. Identity of the issuer or the underlying issuer of existing shares to which voting rights are attachedii: Ryanair Holdings plc

2. Reason for the notification (please tick the appropriate box or boxes):

[X] An acquisition or disposal of voting rights

[] An acquisition or disposal of financial instruments

[] An event changing the breakdown of voting rights

[] Other (please specify)iii:

3. Details of person subject to the notification obligationiv :

Name:City and country of registered office (if applicable):The Capital Group Companies, Inc.Los Angeles, California 90071 U.S.A.

4. Full name of shareholder(s) (if different from 3.)v: See Box 10

5. Date on which the threshold was crossed or reachedvi:19 July 20166. Date on which issuer notified:20 July 2016

7. Threshold(s) that is/are crossed or reached: Below 13% - Aggregate of voting rights from shares for holdings managed by Capital Research and Management Company (see Box 10).

8. Total positions of person(s) subject to the notification obligation:

		% of voting rights through financial instruments (total of 9.B.1 + 9.B.2)	Total of both in % (9.A + 9.B)	Total number of voting rights of issuervii
Resulting situation on the date o which threshold was crossed or reached		2	13.4134%	1,254,248,074
Position of previous notification (if applicable)	13.4751%	6%	13.4751%	

9. Notified details of the resulting situation on the date on which the threshold was crossed or reachedviii: A: Voting rights attached to shares

Class/type of shares	Number of voting rightsix	% of voting rights
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### ISIN code (if possible)

	Direct	Indirect	Distenctirect
Ordinary (ISIN: IE00BYTBXV33	)	760,201	0.0606%
ADRs (ISIN: US7835132033)		167,476,850	13.3528%
SUBTOTAL A		168,237,051	13.4134%

B 1: Financial Instruments according to Regulation 17(1)(a) of the Regulations

Type of financial instrument	Expirationdatex Exercise/ Conversion Periodxi	Number of voting rights that may % of voting rights be acquired if the instrument is exercised/converted.
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n/a

### SUBTOTAL B.1

B 2: Financial Instruments with similar economic effect according to Regulation 17(1)(b) of the Regulations

Type of financial instrumentExpirationdatex Conversioncash<br/>Period xi settlementxiiNumber<br/>of<br/>voting<br/>rights

n/a

#### SUBTOTAL B.2

10. Information in relation to the person subject to the notification obligation

[] Person subject to the notification obligation is not controlled by any natural person or legal entity and does not control any other undertaking(s) holding directly or indirectly an interest in the (underlying) issuer.xiii

[X] Full chain of controlled undertakings through which the voting rights and/or the financial instruments are effectively held starting with the ultimate controlling natural person or legal entityxiv:

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Namexv	% of voting rights if it equals or is higher than the notifiable threshold % of voting rights through financial instruments if it equals or is higher than the notifiable threshold	Total of both if it equals or is higher than the notifiable threshold	
The Capital Group Companies, Inc. Holdings by CG Management companies are set out below:	13.4134%	13.4134%	
Capital Research and Management Company (CRMC)1	12.9465%	12.9465%	
EuroPacific Growth Fund (Direct shareholding that does not exercise its own voting shares. Voting shares are exercised by CRMC)	3.736%	3.7364%	
Capital Guardian Trust Company2			
Capital International, Inc.2			
Capital International Limited2			
Capital International Sárl2			
Capital International K.K.2			
1. Wholly Owned subsidiary of The Capital Group Companies, Inc.			

2. Wholly owned indirect subsidiaries of Capital Research and Management Company

11. In case of proxy voting: [name of the proxy holder] will cease to hold [% and number] voting rights as of [date]

12. Additional informationxvi:

Done at Los Angeles, California on 20 July 2016

#### 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: 21 July, 2016

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

Juliusz Komorek Company Secretary