

RYANAIR HOLDINGS PLC  
Form 6-K  
October 09, 2013

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 October 2013

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- \_\_\_\_\_

BLOCK LISTING SIX MONTHLY RETURN

Information provided on this form must be typed or printed electronically and provided to an ris.

(Note: Italicised terms have the same meaning as given in the Listing Rules.)

Date: 09 October 2013

|  |  |
|--|--|
| Name of applicant:   | Ryanair Holdings PLC   |
| Name of scheme:  | 2000 Share option Scheme<br>2003 Share option Scheme   |
| Period of return:  | From: 01 April 2013 To: 30 September 2013  |
| Balance of unallotted securities under scheme(s) from previous return:   | 6,843,135  |
| Plus: The amount by which the block scheme(s) has been increased since the date of the last return (if any increase has been applied for): | N/A  |
| Less: Number of securities issued/allotted under scheme(s) during period (see LR3.5.7G):   | 534,877<br>Ryanair 2000 share option scheme (50,000)<br>Ryanair 2003 share option scheme (484,877) |
| Equals: Balance under scheme(s) not yet issued/allotted at end of period:  | 6,308,258  |

|                              |                 |
|------------------------------|-----------------|
| Name of contact:             | Juliusz Komorek |
| Telephone number of contact: | +353 1 812 1236 |

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: 09 October, 2013

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

Juliusz Komorek  
Company Secretary