

# TRAINOR SCHOOL OF IRISH DANCING



## 17th Annual Feis

2nd & 3rd February 2019

NEW VENUE

Lea Valley Academy  
Bullsmoor Lane, Enfield  
Middlesex, EN3 6TW

<https://www.leavalley.org.uk/>

## ADJUDICATORS

Alan Murphy	ADCRG	Mayo
Alan Scariff	ADCRG	Galway
Caroline Duggan	ADCRG	Mayo
Caroline McGrory	ADCRG	Coventry
Clodagh Lanigan-Walsh	ADCRG	Dublin
Don McCarron	ADCRG	Donegal
Maire Treacy Dixon	ADCRG	Cavan
Michelle Higgins-Wyse	ADCRG	Waterford
Michael McInerney	ADCRG	Swindon

## MUSICIANS

Anthony Davis	Birmingham
Dean Crouch	London
Majella Collins-Brooks	London

De Vere Hotel, Lieutenant ellis Way, Cheshunt, EN7 5HW

Telephone: 01992 633375

[Website: https://www.devere.co.uk/theobalds-estate/](https://www.devere.co.uk/theobalds-estate/)

Travelodge, Park Plaza, Cheshunt, EN8 8DY

Telephone: 0871 984 6349

[Website: https://www.travelodge.co.uk/](https://www.travelodge.co.uk/)

[www.sercweb.com](http://www.sercweb.com) - [www.instepfm.com](http://www.instepfm.com) - [www.trainorschool.co.uk](http://www.trainorschool.co.uk)

Feis Organiser: Bernadette Trainor 07763 584790 - Feis Secretary: Des Silke - 07875 953453

Cláraithe leis An Choimisiún le Rincí Gaelacha

## Standard Rules for SER Feiseanna – 2019

- 1 Lodgement of entries implies that you acknowledge and accept all of the Rules of An Coimisiun Le Rinci Gaelacha and the Southern England Regional Council plus the additional rules listed below, relating to the Feis.
- 2 Entries will only be accepted from Schools registered with An Coimisiun Le Rinci Gaelacha and entry forms must be signed by the registered teacher. Entries with no fee will not be processed or acknowledged.
- 3 New entries may be taken on the day of the Feis in line with **SERC** late entry rule.
- 4 Ages to be taken from **1st January 2019**.
- 5 All competitors may be required to produce their birth certificate / passport as proof of age.
- 6 Competitors must dance in their own age group for solo competitions except where there is no competition in their age group for that particular dance. Dancers cannot compete in a younger age group.
- 7 All decisions of the Adjudicators are **FINAL**.
- 8 Only the committee members may approach the Adjudicators during competitions.
- 9 **ALL** Grade Competitions are OPEN to all Regions.
- 10 Competitors may only dance each dance in one grade.
- 11 Where there are five or less competitors in a competition, results will not affect their grading.
- 12 In all Heavy dances the lead around must be danced on both the right and left foot.
- 13 A Novice is a dancer who has not gained a **1st, 2nd or 3rd place** in a Novice Grade competition or any medal in a higher grade for that particular dance.
- 14 The basic step rule will apply to all Novice competitions as per the Southern England Regional Council.
- 15 The Primary Grade is for dancers who have not won a **1st or 2nd place** for that particular dance in any Age Group.
- 16 All Novice and Primary dancers may only wear a class costume, simple dancewear or appropriate attire (skirt & top or simple dress for girls and trousers, shorts and t-shirt or shirt for boys) in competitions up to and including the Under 12 Age Group. Make-up will not be permitted for any dancer in the first two grades up to and including the Under 12 age group Worldwide. Failure to comply with this rule may lead to disqualification.
- 17 The Intermediate Grade is for dancers who have not won a **1st place** for that particular dance in a particular Age Group, or who has not won a Premier competition, Preliminary Championships or Open Championship.
- 18 Intermediate competitors can dance their grade dances and either the Preliminary or Open Championship.
- 23 **A panel of 6 adjudicators will judge all Mixed Open Championships & Mixed Preliminary Championships.**
- 24 An Coimisiun has ruled that from 1st January of each year, that **no block, en pointe**, stationary or moving be allowed to be performed for all ages up to and including the under 12 age group Worldwide. **The Under 12 Age Group will be allowed to Toe Walk from 1st September.**
- 25 The Feis Organiser must provide non-slip flooring for every dance surface, however the Feis Organiser cannot accept any liability for injury sustained whilst dancing.
- 26 Any competitor found to be using artificial carriage aids and subsequently refuses to remove same will be subject to disqualification from that particular competition. Medically prescribed apparatus, proof of which may be required, will be exempt from this ruling.
- 27 In order to comply with the health and safety measures, all dancers lining up side stage prior to any round of a competition will be required to perform the simple exercise of raising arms to shoulder level unhindered. If unable to do this due to costume stitching or any arm attachments by the time of their rotation they will not be permitted to perform.
- 28 Make-up Rule (4.5 in CLRG Rule Book) 4.5.2 Make-up (including false eyelashes) is not permitted for dancers, in either solo or team competitions, up to and including the Under 10 age group (POINT OF CLARIFICATION) For the purpose of this rule the term "Make-up" includes tinted moisturiser and any artificial tanning products. An Coimisiun hopes that teachers and parents will interpret and apply this rule in the spirit in which it is intended.
- 29 Dancers must be properly attired throughout the whole competition and must be in full costume and appropriate footwear when receiving awards. No changing allowed in competition areas.
- 30 Any form of unauthorised photography which has the capability to capture a dancer's image whilst in motion, using electronic or manual means, e.g. mobile phone, standard camera, video camcorder, cine recorder, commercial film, with or without flash enhancement, **is expressly forbidden in all competitions.**
- 31 Photographs taken at awards ceremonies are permitted, however these must be for your own use and not used for public display purposes, unless permission has been obtained.
- 32 Any competition can be moved to another hall at the discretion of the Feis Secretary.
- 33 All Championship cups are perpetual and recipients will be responsible for any loss or damage and for the safe return in adequate time to be presented to subsequent winners.
- 34 **Parents are responsible for the conduct of their children**, at all times, whilst attending the Feis.
- 35 The Feis Organiser accepts no responsibility for any loss or damage to personal property.
- 36 No Smoking, eating or drinking in any of the halls, except in designated areas.
- 37 Objections against any breach of the above rules must be made in writing, and signed, to the Feis Secretary and accompanied by a fee of £25.00, which will be refunded if the objection is upheld. If parents have any constructive comments to make about any aspect of Feiseanna, these would be welcomed by the council and should be put in writing. It should be noted that anonymous correspondence cannot be dealt with.

# SOUTHERN ENGLAND REGION PRELIMINARY CHAMPIONSHIP RULES

## Effective from January 1<sup>st</sup> 2019

- 19 To compete in a preliminary championship dancers must not:-
- 1) Have placed in the top 3 in an open championship in the previous 12 months.
  - 2) Have won more than 2 preliminary championships in the current year (2019) or previous year (2018).
  - 3) Have qualified for Oireachtas Rince Na Cruinne at any event in the previous 12 months. With the exception of Dancers who qualify for Oireachtas Na Cruinne, where they may have automatically qualified due to low entry levels at their Regional Oireachtas. These dancers may remain in the Preliminary grade, if they so wish, until such time they win out of the grade.
- 20 Competitors can only dance in either Preliminary or Open Championship; they may not compete in both.
- 21 If a dancer wins a Preliminary Championship where there were 5 or fewer dancers in the competition, the dancer will still be eligible to enter a Preliminary Championship.

### **PLEASE NOTE**

- 22 The points above apply when a dancer competes from Under 10 and upwards. A dancer who has been placed 1st, 2nd or 3rd in an Open Championship in the age groups below Under 10, will be eligible to compete in Preliminary Championships. (Teachers are advised / requested to use their own discretion)

### **Awards**

- 2 medals = 5 or less
- 4 medals = 6 to 10 competitors
- 7 medals = 11 to 20 competitors
- 10 medals = 21 to 30 competitors
- 14 medals = 31 to 40 competitors
- 1 medal for each additional 5 or part of 5 competitors

# 17th TRAINOR FEIS 2019 - TROPHY 1st, 2nd, 3rd

NOVICE (Bún Grád) ⇓⇓⇓⇓	COR	PORT EADTROM	PORT SINGIL	PORT LUASCA	PORT TROM	CORNPHIOPA	
	TROPHY REEL	TROPHY LIGHT JIG	TROPHY SINGLE JIG	TROPHY SLIP JIG	TROPHY HEAVY JIG	TROPHY HORNPIPE	
Under 6	✓	✓	✓	✓	Under 7	Under 7	
6 & U/7	✓	✓	✓	✓			✓
7 & U/8	✓	✓	✓	✓	✓	✓	
8 & U/9	✓	✓	✓	✓	✓	✓	
9 & U/10	✓	✓	✓	✓	✓	✓	
10 & U/11	✓	✓	✓	✓	✓	✓	
11 & U/12	✓	✓	✓	✓	✓	✓	
PRIMARY (Tús Grád) ⇓⇓⇓⇓	COR	PORT EADTROM	PORT SINGIL	PORT LUASCA	PORT TROM	CORNPHIOPA	
	TROPHY REEL	TROPHY LIGHT JIG	TROPHY SINGLE JIG	TROPHY SLIP JIG	TROPHY HEAVY JIG	TROPHY HORNPIPE	
Under 6	✓	✓	✓	✓	Under 7	Under 7	
6 & Under 7	✓	✓	✓	✓			✓
7 & Under 8	✓	✓	✓	✓	✓	✓	
8 & Under 9	✓	✓	✓	✓	✓	✓	
9 & Under 10	✓	✓	✓	✓	✓	✓	
10 & Under 11	✓	✓	✓	✓	✓	✓	
11 & Under 12	✓	✓	✓	✓	✓	✓	
12 & Under 14	✓	✓	✓	✓	✓	✓	
14 & Under 16	✓	✓	✓	✓	✓	✓	
INTERMEDIATE (Mean Grád) ⇓⇓⇓⇓	COR	PORT EADTROM	PORT SINGIL	PORT LUASCA	PORT TROM	CORNPHIOPA	TROPHY TRAD SET
	TROPHY REEL	TROPHY LIGHT JIG	TROPHY SINGLE JIG	TROPHY SLIP JIG	TROPHY HEAVY JIG	TROPHY HORNPIPE	
Under 6	✓	✓	✓	✓	Under 7	Under 7	Under 7
6 & Under 7	✓	✓	✓	✓			✓
7 & Under 8	✓	✓	✓	✓	✓	✓	✓
8 & Under 9	✓	✓	✓	✓	✓	✓	✓
9 & Under 10	✓	✓	✓	✓	✓	✓	✓
10 & Under 11	✓	✓	✓	✓	✓	✓	✓
11 & Under 12	✓	✓	✓	✓	✓	✓	✓
12 & Under 14	✓	✓	✓	✓	✓	✓	✓
14 & Under 16	✓	✓	✓	✓	✓	✓	✓
Over 16	✓	✓	✓	✓	✓	✓	✓
OPEN (Ard Grád) ⇓⇓⇓⇓	COR	PORT EADTROM	PORT SINGIL	PORT LUASCA	PORT TROM	CORNPHIOPA	TROPHY OPEN SET
	TROPHY REEL	TROPHY LIGHT JIG	TROPHY SINGLE JIG	TROPHY SLIP JIG	TROPHY HEAVY JIG	TROPHY HORNPIPE	
Under 6	✓	✓	✓	✓	Under 7	Under 7	
6 & Under 7	✓	✓	✓	✓			✓
Under 10							✓
Under 13			13 & Under 16			Over 16	
4 Hand Reel			4 Hand Reel			4 Hand Reel	
Humours of Bandon			Humours of Bandon			Humours of Bandon	
Fairy Reel			Fairy Reel			Fairy Reel	
Progressive Dance			Progressive Dance			Progressive Dance	
Ceili Championship U/11 & U/13			Ceili Championship			Ceili Championship	
Any Figure Dance			Any Figure Dance			Any Figure Dance Comp	

## Open Mixed Premiers

Age Group	Round 1	Round 2
Under 6 (2013 or later)	Reel (40 Bars)	Light Jig (40 Bars)
6 & Under 7 (2012)	Reel (40 Bars)	Light Jig (40 Bars)

## Open Mixed Championships

Age Group	Round 1	Round 2	Round 3
7 & Under 8 (2011)	Reel (48 Bars)	Heavy Jig (40 Bars)	Traditional Set
8 & Under 9 (2010)	Reel (48 Bars)	Heavy Jig (40 Bars)	Traditional Set
9 & Under 10 (2009)	Heavy Jig or Hornpipe	Reel or Slip Jig	Traditional Set
10 & Under 11 (2008)	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
11 & Under 12 (2007)	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
12 & Under 13 (2006)	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
13 & Under 14 (2005)	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
14 & Under 15 (2004)	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
15 & Under 16 (2003)	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
16 & Under 17 (2002)	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
17 & Under 18 (2001)	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
18 & Under 20 (2000,1999)	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
Senior O/20	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance

## Reel & Heavy Jig 48 Bars - Slip Jig & Hornpipe 40 Bars

## Preliminary Mixed Championships

Age Group	Round 1	Round 2	Round 3
9 & Under 10 (2009)	Heavy Jig or Hornpipe	Reel or Slip Jig	Trad or Open Set
10 & Under 11 (2008)	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
11 & Under 12 (2007)	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
12 & Under 13 (2006)	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
13 & Under 14 (2005)	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
14 & Under 15 (2004)	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
15 & Under 16 (2003)	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
Over 16	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance

## Reel & Heavy Jig 40 Bars - Slip Jig & Hornpipe 32 Bars

## Entry Fees

<b>Figure &amp; Ceili competitions &amp; Championships (per dancer)</b>	<b>£3.00</b>
<b>Solo Grade Competitions (all solos are Trophy Competitions)</b>	<b>£4.50</b>
<b>DOOR ENTRY PER FAMILY - Please include with entry</b>	<b>£7.00</b>
<b>Premier Competitions Under 6 &amp; Under 7</b>	<b>£10.00</b>
<b>£26.00 Preliminary Champs from U10 ( 2 solo results) + DOOR £7.00</b>	<b>£33.00</b>
<b>£26.00 Open Championships U/8 to O/20 (2 solo results) + DOOR £7.00</b>	<b>£33.00</b>
<b>£40.00 Family Fee - Maximum for One Child + DOOR £7.00</b>	<b>£47.00</b>
<b>£60.00 Family Fee - For A Family of Two + DOOR £7.00</b>	<b>£67.00</b>
<b>£75.00 Family Fee - For A Family of Three or more + DOOR £7.00</b>	<b>£82.00</b>

**Bank account details available on request from [desilke648@icloud.com](mailto:desilke648@icloud.com)**

**All cheques to be made payable to, "Trainor School"**

**Entries to: Des Silke, 133 Hatfeild Mead, Morden, Surrey, SM4 5PG**

**Closing Date for entries is Monday 21st January 2019**

**£4.00 Admin fee applies from 22nd January to 1st February 2019.**

**£8.00 Admin fee for entries on the day of the Feis.**

You do not have to enter grade competitions to enter a preliminary or open championship.

# TRAINOR FEIS - 2018 WINNERS

Mixed	U6	HANNAH MAHON	CLADDAGH ACADEMY
Mixed	U7	SAOIRSE TULLY	IRISH DANCE ACADEMY
Mixed	U8	MOLLY YOUNG	MAGUIRE O'SHEA ACADEMY
Mixed	U9	CIARAN MITCHELL	CAREY ACADEMY
Mixed	U10	TILLY BROWN	TRAINOR SCHOOL
Mixed	U11	JOHN O'CONNOR	CLADDAGH ACADEMY
Mixed	U12	ASHTON CANTY	McGAHAN-LEES ACADEMY
Mixed	U13	SCARLETT SKEHILL	SEAN EIREANN & CELTIC HEARTS
Mixed	U14	ELLA OWENS	SCOIL RINCE CEIM OIR
Mixed	U15	ALLIYAH O'HARE	SCANLON SCHOOL
Mixed	U16	LIAM COSTELLO	McGAHAN-LEES ACADEMY
Mixed	U17	ROISIN MEEHAN	WOGAN-MEEHAN SCHOOL
Mixed	U18	MAIREAD TRAINOR	TRAINOR SCHOOL
Mixed	U20	GAVINA ZUCARELLO	McGAHAN-LEES ACADEMY
Mixed	O20	SHANNON MORRISSEY	SCOIL RINCE CEIM OIR
Prelim	U10	EVELYN GRIFFITHS	TANYA DIRRANE SCHOOL
Prelim	U11	KEIRA O'MALLEY	IRISH DANCE ACADEMY
Prelim	U12	FRANCESCA VASS	HOPKINS ACADEMY
Prelim	U13	SIENNA DAVEY	DEBORAH WHELAN DANCE
Prelim	U14	ELLIE HANLEY	SCOIL RINCE REALTA
Prelim	U15	LUCY BUTLER	KELLEY O'BOYE SCHOOL
Prelim	U16	PEARSE MORRISSEY	MORRISSEY-KEANE ACADEMY
Prelim	O16	JORDAN LUCAS	FRYDAYS ACADEMY

# TRAINOR FEIS - 2018 WINNERS



# 17th TRAINOR OPEN FEIS



## FINAL - Timetable for Saturday 2nd February 2019

HALL A 8:30 AM	HALL B 9:00 AM	SPORTS HALL 9:00 AM		
Under 8 Championship Rounds 1 & 2	Under 8 Championship Trad Set Dance	Under 6 Novice	Under 7 Novice	U6 & U7 Primary
9:00 AM	9:45 AM	10:00 AM		
Under 9 Championship Rounds 1 & 2	Under 9 Championship Trad Set Dance	Under 6 Intermediate	Under 7 Intermediate	U6 & U7 Open & Premiers
9:30 AM	10:15 AM	11:00 AM		
Under 10 Championship Rounds 1 & 2	Under 10 Championship Trad Set - U10 Open Set	Under 8 Novice	Under 8 Primary	Under 8 Intermediate
10:15 AM	11:15 AM	2:00 PM		
Under 11 Championship Rounds 1 & 2	Under 11 Championship Set Dance Round	Under 9 Novice	Under 9 Primary	Under 9 Intermediate
11:00 AM	12:15 PM	4:00 PM		
Under 12 Championship Rounds 1 & 2	Under 12 Championship Set Dance Round	Under 10 Novice	Under 10 Primary	Under 10 Intermediate
11:45 AM	2:00 PM	6:00 PM		
Under 13 Championship Rounds 1 & 2	Under 13 Championship Set Dance Round	Under 10 Preliminary Champ		
12:30 PM	2:45 PM			
Under 14 Championship Rounds 1 & 2	Under 14 Championship Set Dance Round			
2:00 PM	3:30 PM			
Under 15 Championship Rounds 1 & 2	Under 15 Championship Set Dance Round			
2:45 PM	4:15 PM			
Under 16 Championship Rounds 1 & 2	Under 16 Championship Set Dance Round			
3:30 PM	4:45 PM			
Under 17 Championship Rounds 1 & 2	Under 17 Championship Set Dance Round			
4:15 PM	5:15 PM			
Under 18 Championship Rounds 1 & 2	Under 18 Championship Set Dance Round			
4:45 PM	5:45 PM			
18 & U20 Championship Rounds 1 & 2	18 & U20 Championship Set Dance Round			
5:15 PM	6:15 PM			
Senior O/20 Championship Rounds 1 & 2	Senior O/20 Championship Set Dance Round			

**All Mixed Open Championships and the Under 10 Preliminary Championship will be adjudicated by 6 adjudicators. 3 adjudicators for the first two rounds and a separate panel of 3 adjudicators for the Set Dance Round. 100% Recall**

PLEASE BE READY TO DANCE 30 MINUTES PRIOR TO THE START OF YOUR COMPETITION.



# 17th TRAINOR OPEN FEIS



FINAL - Timetable for Sunday 3rd February 2019

HALL A		HALL B		SPORTS HALL		
9:00 AM		9:00 AM		9:00 AM		
Under 13 Preliminary Rounds 1 & 2		Under 14 Preliminary Set Dance Round		Under 11 Novice	Under 11 Primary	Under 11 Intermediate
9:45 AM		10:00 AM		10:30 AM		
Under 14 Preliminary Rounds 1 & 2		Under 13 Preliminary Set Dance Round		Under 12 Novice	Under 12 Primary	Under 12 Intermediate
10:30 AM		11:30 AM		12:00 PM		
Under 15 Preliminary Rounds 1 & 2		Under 15 Preliminary Set Dance Round		12 & U14 Primary	12 & U14 Intermediate	Over 16 Intermediate
11:00 AM		12:00 PM		1:30 PM		
Under 16 Preliminary Rounds 1 & 2		Under 16 Preliminary Set Dance Round		14 & U/16 Primary	14 & U/16 Intermediate	
11:45 AM		1:00 PM		3:00 PM		
Under 11 Preliminary Rounds 1 & 2		Under 11 Preliminary Set Dance Round		<p><b>All Mixed Preliminary Championships from Under 11 will be adjudicated by 6 adjudicators. 3 adjudicators for the first two rounds and a separate panel of 3 adjudicators for the Set Dance Round. 100% Recall</b></p>		
12:45 PM		1:45 PM				
Under 12 Preliminary Rounds 1 & 2		Under 12 Preliminary Set Dance Round				
1:45 PM		2:30 PM				
Over 16 Preliminary Rounds 1 & 2		Over 16 Preliminary Set Dance Round				
		3:00 PM				
		U13 Ceili Championship U16 Ceili Championship O16 Ceili Championship				

PLEASE BE READY TO DANCE 30 MINUTES PRIOR TO THE START OF YOUR COMPETITION.