



The 10th Annual 'Kelly Hendry Feis'

February 7th & 8th 2026

'The FED'

Lancaster Road, Gateshead, NE11 9JR

Adjudicators

Owen Joe McAuley	IRELAND
Tanya Dirrane	UK
Joshua Ruddock	UK
Andrea Curley	IRELAND
Rebecca Loughran	UK
Andrea Field	UK

Musicians

Liam O'Sullivan	UK
Anthony Davis	UK

Entries

www.instepfm.com

Closing date for entries: 24th January 2026

Enquiries

Email: kellyhendryfeis@gmail.com

Dear Teachers, Parents & Guardians,

We are beyond excited to welcome you to our 10th Annual 'Kelly Hendry Feis'. We would like to take this opportunity to thank those who've supported our previous Feiseanna and look forward to welcoming you back in February 2026 along with some new faces. With the feis taking place just before the prestigious 'All Ireland Championships', we anticipate the standard of dancing (and the craic) to be amazing so we hope you can join us!

We are delighted to announce we have secured the wonderful 'FED' (former Lancastrian Suite) again to host our Feis. The venue boasts stunning halls along with separate results rooms, changing facilities, practice areas, amazing catering facilities provided by the venue and plenty of free parking. The venue is only a few miles from Newcastle train station and Newcastle airport and is conveniently located just off the A1 for those driving. There are plenty of deals online for flights and hotels in Newcastle and Gateshead and we've listed a few of these in our syllabus to help with your planning.

We will be running the Open & Prelim Championships from U10-Senior along with the U16/U19/SNR Ceili Competitions on Saturday 7th and all Grade Competitions, U5-U9 Championships along with the U11/U13 Ceili Competitions on Sunday 8th.

All solo grade competitions are 'Trophy Competitions' where the top 3 dancers in every grade will receive a trophy AND a sash.

'TINY TOTS COMPETITION': We are delighted to announce we'll be running an ungraded 'Tiny Tots' Competition for dancers up to the age of U6 who are either first-time feis dancers or who perhaps don't feel confident enough to dance a full dance in the U5 or U6 Beginner Competition. This will be a 16 bar 'step down the line' competition where dancers will dance one at a time and ALL dancers will receive a special award (teachers are welcome to join their dancers on stage to assist). We're sure this will be one of the main highlights of the feis and we can't wait to see all these amazing dancers of the future take to the stage.

We will welcome all our Champions to the stage at the end of each day to take part in our Champions Parade and the judges will then crown the winner of the Minor, Junior and Senior 'Champion of Champions'. This is NOT to be missed!

We'll be uploading photos and live feed videos over the course of the weekend on our Facebook page so feel free to give us a follow and we'll also keep you updated leading up to the event.

We are very much looking forward to welcoming you in 2026!

Kindest Regards,

Kelly Hendry ADCRG
Kaylie Wallace TCRG

Open Championships, Prelims, Trophies, Awards & Parades

Open & Prelim Championships from U10 to Senior will be combined in 2026 and will be judged by a panel of 6 adjudicators - 3 judges for the first 2 rounds and a new panel of 3 judges for the recall round. There will be a 50% recall for Competitions with 15 or more entrants (once final entries are in; we may be able to increase the number of recalls depending on timetable - this will be at the discretion of the Feis organisers). All championships from Under 10 up will incorporate a Preliminary result after the first two rounds. A championship result will be produced after completion of the third round. Solo results from rounds 1 & 2 will also be included.

U5, U6, U7, U8 & U9 Championships will be judged by a panel of 3 adjudicators. There will be a 100% recall in these competitions. *All Championships will be mixed unless there are 7 or more boys in any given age group.*

Awards

Our beautiful cups have been custom made for our Championship and Prelim winners. There will also be top 5 sashes/pennants and trophies in both of these competitions as well as beautiful medals for the remaining competitors. We are also presenting awards for the 'Top Girl' or 'Top Boy' in each Open Championship as well as awarding the top local dancer with our 'Northern Star Award' (these will be awarded to the relevant dancer from 2nd place onwards).

Trophies

Instead of running separate 'Trophy Competitions', we are offering top 3 trophies and sashes in ALL grade competitions. This will allow more children the opportunity of winning lots of trophies and sashes. There will also be an additional 'Traditional Set Dance Trophy Competition' for U6, 7, 8, 9 & 10's where again, the top 3 dancers will be awarded trophies and sashes.

Northern Star

Our 'Northern Star Award' will be presented to the highest placed North East Dancer in every Championship. We are proud to recognise the talent in our region and look forward to presenting our 2026 'Northern Stars'.

Tiny Tots

Our younger dancers will all take to the stage (with their teacher/designated helper if they wish) to dance a 16 bar reel 'step down the line'. This competition is ungraded and is perfect for dancers up to the age of U6 who are perhaps new starters, have never competed in a feis or who simply don't feel confident enough to dance a full dance in U5 or U6. All dancers will receive a special award and no doubt a VERY loud cheer from our audience!

Please note: Dancers may enter, and compete, in either the Tiny Tots Competition or the solo grade competitions, but not both.

Parades

We would like to invite the top 3 dancers in all Open Championships, the winner of the Preliminary Championships & the 'Northern Star' winner in each age group to join us for our 'PARADE OF CHAMPIONS' at the end of each day. We will host our Junior & Senior Parade on Saturday and our Minor Parade on Sunday. We will then crown our 'Champion of Champions' from our Open Championship winners and present them with a special award!

Other Information

We have a results team handling our tabulation in 2026 and full marks for all Championship & Prelim competitions will be available to purchase after the relevant competition.

We are delighted to announce that the venue will once again be providing catering for the feis in 2026.

Feis Information

VENUE

The FED
Lancaster Road
Dunston
NE11 9JR

LOCAL AIRPORT

Newcastle International
We suggest using skyscanner for flight options

LOCAL TRAIN STATION

Newcastle Central

LOCAL TAXIS

Blueline - 0191 262 6666

LOCAL HOTELS

Premier Inn Metro Centre
Travel Lodge Metro Centre
Holiday Inn Metro Centre
Delta Metro Centre
We suggest using booking.com for more options

PARKING

There is plenty of on-site parking available at the venue

FACEBOOK

Follow our facebook page for updates:
www.facebook.com/kellyhendryfeis

INSTAGRAM

Follow our Instagram page for updates:
[kellyhendryfeis](https://www.instagram.com/kellyhendryfeis)



Entries

Entries due by January 24th 2026.

PLEASE SEE 'ENTRY PACK' TO COMPLETE YOUR ENTRY. **ONE ENTRY PER SCHOOL.**

- You can enter by visiting <https://www.instepfm.com> where you will find instructions on how to enter. All entries must be completed via the website and full payment made by the 24th January 2026 to avoid paying late fees.
- Once you've completed your entry via the website, you will receive a confirmation email along with the amount due.
- All entries MUST be paid via Bank Transfer – **ONE PAYMENT PER SCHOOL.**
- Entries will not be accepted if the accompanying fees are not paid before the closing date.
- Teachers are responsible for ensuring the entry is correct. Upon receipt of the confirmation email, please check that all information is correct. Details submitted by the teacher will be what appears in the official programme.
- No refunds will be given unless the event is cancelled.
- ALL entries to be paid in Sterling.

ENTRY FEES

Solo Grades	£7	Trophies & sashes for 'Top 3'
Traditional Set Dance Trophy	£7	Trophies & sashes for 'Top 3'
Ceili Competitions	£3	Per dancer
Tiny Tots	£7.50	
Open Championship: U5	£15	
Open Championship: U6 & U7	£35	
Open Championship: U8 & U9	£40	
U10-Senior Champ & Prelims:	£45	Includes 2 solo results

DISCOUNTS

Dancer Maximum	£60
Family Maximum	£90

LATE ENTRIES

Late entries received after January 24th 2026 will be subject to a £5 late fee per dancer.

DOOR ENTRY

Adult	£6
Child	Free
Concession	£4
2 Day Pass	£10
Programme	£6

Grade Competitions

AGE	TROPHY REEL	TROPHY SLIP JIG	TROPHY SINGLE JIG	TROPHY LIGHT JIG	TROPHY HEAVY JIG	TROPHY HORPIPE	TROPHY TRAD SET
U5	B,P,I,O	B,P,I,O	B,P,I,O	B,P,I,O	B,P,I,O	B,P,I,O	N/A
U6-U9	B,P,I,O	B,P,I,O	B,P,I,O	B,P,I,O	B,P,I,O	B,P,I,O	O
U10-U13	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	N/A
O13	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	N/A

Ceili Competitions

8-Hand Competitions: U11, U13, U16, U19, O19

4-Hand Competitions: U11, U13, U16, O16

Tiny Tots

Up to U6 - Please read syllabus for rules. 16 Bar 'Reel' step down line

Championships

Age	Round 1	Round 2	Round 3
U5	Reel	N/A	N/A
U6	Reel	Single Jig OR Light Jig	N/A
U7	Reel	Single Jig OR Light Jig OR Heavy Jig	N/A
U8	Reel	Heavy Jig	Hornpipe OR Trad Set
U9	Reel	Heavy Jig	Trad Set
U10	Reel OR Slip Jig	Heavy Jig OR Hornpipe	Trad OR Open Set
U11-Senior	Reel OR Slip Jig	Heavy Jig OR Hornpipe	Open Set

**There will be a separate Boys Championship held if there are more than 7 Boys in any given age group. There will also be prizes for Top Girl or Boy in each Championship as well as a local 'Northern Star Award' in each group.*

**Dancers in the U5, U6, U7, U8 & U9 are required to dance their 'Championship' dances in their solo grades to be eligible to compete in their respective Championships (see rules).*

Feis Rules

GENERAL

- 1.Entries to be logged via the following website: <https://www.instepfm.com>. The website details how to complete your entry online. Please ensure all entries and monies are received by January 24th 2026 to avoid paying late fees.
- 2.Entries must be paid via bank transfer.
- 3.Age to be taken from 1 January 2026.
- 4.Entries will only be accepted from teachers registered with An Coimisiun Le Rinci Gaelacha.
- 5.There will be no refunds issued unless the competition is cancelled.
- 6.The adjudicator's decision is final.
- 7.Any objections to be made in writing and handed to Feis Secretary with a fee of £20.00. If objection is sustained, the fee will be returned. Objection must be lodged within one hour after completion of the competition.
- 8.Dancers must be suitably dressed at all times. Changing facilities will be provided; therefore, there should be no changing in public areas.
- 9.No video, digital cameras or flash photography to be used during competitions. We ask that mobile telephones and electronic games be switched to silent whilst in the dancing halls.
- 10.No smoking allowed anywhere in the building.
- 11.The feis organisers will, as far as reasonably practical, provide suitable surfaces for dancing. However, they cannot accept any liability for injuries sustained whilst dancing. The lodgement of an entry will be deemed to be an acceptance of this provision by a dancer.
- 12.Any competitor found to be using artificial carriage aids, and subsequently refuses to remove the 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.
- 13.Make-up (including false eyelashes and tanner on the face) is not permitted for dancers, in either solo or team competitions, up to and including the Under 10 age group.
- 14.No block, en Pointe, stationary or moving, is allowed to be performed for all ages up to and including the Under 12 Age Group.
- 15.Subject to the approval of the NERC, the 'Kelly Hendry Feis' reserves the right to amend or cancel any competition. All teachers would be notified before the event of any changes.
- 16.Competitors must be ready to dance 30 minutes before their scheduled start time. They may lose their right to compete if they are not side stage when required.
- 17.North East teachers must send a copy of their entries to the Records Clerk, Dee Gorman at deemart1964@yahoo.co.uk by the closing date or a £20 fine will be imposed by the North East Regional Council.
- 18.The Feis organisers have the right to refuse admission to the venue.
- 19.Costume length: Length of costumes must adhere to principles of modesty and enable dancers to safely execute their movements and steps. Adjudicators, who determine a costume to be too short or to lack modesty, may ask a competitor to change into black tights (of a denier not less than 70%) in order for the dancer to continue in the competition. For competitions adjudicated by a panel of more than one adjudicator, all adjudicators on the panel must agree to asking the dancer to wear tights (Effective from March 1st 2022).
- 20.Appropriate undergarments covering the midriff must be worn. Undergarments must provide full coverage. Dancers wearing undergarments that do not provide full coverage will be asked to put on black tights of a denier not less than 70%. This is monitored by an adjudicator. For competitions adjudicated by a panel of more than one adjudicator, all adjudicators on the panel must agree to asking the dancer to wear tights (Effective from March 1st 2022).
- 21.Respect for fellow competitors on stage is a requirement at all times. Lack of respect or courtesy for fellow competitors by aggressive dancing on stage will be subject to penalty at the discretion of each individual adjudicator.
- 22.Solo costumes (including headwear) worn in championship competitions must not include any "Identifying Designs" (these are defined as any element on any costume worn in championship solo competitions identifying a status of achievement or an Irish dance competition award, eg, globes). It is expected that all dancers, teachers, parents and guardians will uphold these standards without the need for formal enforcement.

CHAMPIONSHIP RULES

- 1.In order to compete in their Open Championship, the Under 5, 6, 7, 8 and 9 dancers are required to dance their Championship dances in their Solo Grades to be eligible to dance in their Championship.
- 2.All Open, Prelim & Local Championship Awards must be returned when requested and in plenty time for the following feis in February 2027.
- 3.The recipient/guardian is responsible for any loss or damage to these awards whilst in their possession.

GRADE RULES

1. Beginner competitions are open to dancers who have never won a 1st place in that particular dance in any age group. Basic steps must be performed (no clicks or rocks).
2. Primary competitions are open to dancers who have never won a 1st place in that particular dance in any age group (excluding Beginners).
3. If there are 15 or more competitors in any Beginner Competition, the 1st, 2nd and 3rd place dancers will move up to the next grade. If there are less than 15 dancers, only the 1st placed dancer will move up.
4. Competitors in Beginners and Primary, up to and including the Under 12 age group, may only wear traditional class costumes or long/short sleeved blouses/shirts and skirts/trousers, polo tops and skirts/ trousers, body suits and skirts or tunics that conform to the regular costume length rule. Low-cut tops and short tight skirts are not permitted.
5. Make up will not be permitted for any dancer in the first two grades (Beginners and Primary) up to and including the Under 12 age group worldwide. For the purpose of this rule the term "make up" includes tinted moisturiser and any artificial tanning products.
6. Intermediate Competitions are open to dancers who have never won a 1st place in that particular dance in their present age group.
7. Where there are 5 or less competitors in any Beginners, Primary or Intermediate Competition, grades will not be affected. However, a dancer may only win 3 such competitions and then they will have to move up to the next grade.
8. With exception of the Under 5, 6 and 7 age groups, a competitor, who has won an Open Championship, must dance in the Open grade in the calendar year in which the Open Championship was won.
9. Any dancer in the Under 5, 6 and 7 age groups, who has won an Open Championship, must dance Open for the dances performed in the Championship. They are eligible to dance their other dances in the appropriate grade.
10. Dancers may enter, and compete, in either the Tiny Tots Competition or the solo grade competitions, but not both.

PRELIM RULES

1. A minimum number of three Adjudicators must officiate.
2. The first age group for a Preliminary Championship is Under 10.
3. Where a Preliminary Championship is held separate from an Open Championship, three rounds should be offered, namely; Reel or Slip Jig, Heavy Jig or Hornpipe and any Set Dance.
4. Where a Preliminary Championship is combined with an Open Championship, then the result should be taken from eligible dancers' ranking after the first two rounds.
5. Where there are separate Preliminary and Open Championships, dancers can compete in both at the discretion of the Feis organiser.
6. Where a competitor wins two Preliminary Championships, they must dance in Open Championship for a period of 12 months thereafter.
7. For grading purposes, two wins will be taken as being in any two-year rolling period. Where a dancer does not win a second Preliminary within two years of winning their first Preliminary Championship, then the first win will be deemed as having expired and the dancer starts afresh.
8. Where there are less than 6 in a Preliminary Championship that win will not normally be considered for grading purposes. However, where a dancer wins three Preliminary Championships regardless of the number of competitors in each competition, that dancer must dance in Open Championship for a period of 12 months thereafter.
9. Dances performed in a Preliminary Championships do not count for grading in solo competitions.
10. A solo world qualifier (in the previous 12 months) will NOT be eligible to compete in a Preliminary Championship; the exception to this would be any dancer who may have automatically qualified due to low numbers in his/her respective competition at the Regional Oireachtas.
11. Dancers placing 1st-3rd in an Open Championship with up to 20 competitors or 1st-5th in an Open Championship with more than 20 Competitors cannot compete in a Preliminary Championship for a period of 12 months.
12. All Open, Prelim & Local Championship Awards must be returned when requested and in plenty time for the following feis in February 2027.
13. The recipient/guardian is responsible for any loss or damage to these awards whilst in their possession.

NOTE: Due to space constraints this year in our feis venue, we have been granted permission by the North East Regional Council to run our championship competitions as combined Prelim and Open Championships

Metronomic Speeds

Dance	Beginner	Primary	Intermediate/ Open
Reel	122-124	116-118	113
Slip Jig	124	120	113
Single Jig	124	124	124
Light Jig	116	116	116
Heavy Jig	96	76	73
Hornpipe	144	118	113

Traditional Set Dance Speeds

St Patrick's Day	94
Blackbird	144
Garden of Daisies	138
Job of Journeywork	138
King of the Fairies	130
Three Sea Captains	96
Jockey to the Fair	90

Championship Winners 2025

COMPETITION	WINNER	SCHOOL
U6	Orlaith Allen	Devaney-Togher
U7	Mollie McNab	Sharon Taylor
U8	Eliza Haugh	McLaughlin
U9	Kyle McCue	Sharon Taylor
U10	Fraser Cross	Sharon Taylor
U11	Darlagh McCrory	Doherty Petri
U12	Zara Gibb	McLaughlin
U13	Zuzanna Gagategk	Cabe
U14	Oscar Donnelly	Sharon Taylor
U15	Orla Wormald	Nadine Martin
U16	Hanna Mioduszezwska	Cabe
U17	Aidan Ward	Marie Connell
U18	Rose McDowell	Kelly Hendry
U19	Naoise McCrory	Doherty Petri
U20	Hannah Manners Cidon	Deborah Whelan
U21	Caitlin Ward	Marie Connell
U23	Caitlin Chapman	Stokes Collins
SNR	Cameron Lambert	Joanne Kavanagh

Prelim Winners 2025

COMPETITION	WINNER	SCHOOL
U10	Alice Loughery	McLaughlin
U11	Ava Dillon	Nadine Martin
U12	Dillon Macleod	McLaughlin
U13	Flynn McGowen	Donna Griffin
U14	Kiera O'Shea	McLaughlin
U15	Grainne Murphy	Lorraine Scallon
O15	Edie Mitchell	Clark

Champion of Champion Winners 2025

Minor	Kyle McCue	Sharon Taylor
Junior	Oscar Donnelly	Sharon Taylor
Senior	Cameron Lambert	Joanne Kavanagh

Overall Points Trophy Winner 2025

O'Hehir School

Provisional Timetable - Saturday 7th February 2026

LANCASTRIAN SUITE

8am	U10 and U11 Prelim & Open Championships - Rounds 1 and 2 alternating
9.15am	U12 and U13 Prelim & Open Championships - Rounds 1 and 2 alternating
11am	U14 Prelim & Open Championships - Rounds 1 and 2
12pm	U15 Prelim & Open Championships - Rounds 1 and 2
1.30pm	U16 and U17 Prelim & Open Championships - Rounds 1 and 2
3pm	U18, U19 and U20 Prelim & Open Championships - Rounds 1 and 2
4.30pm	U21, U23 and Senior Prelim & Open Championships - Rounds 1 and 2
5pm	U16, U19 & Senior Ceili
End of Day	Junior & Senior 'Parade of Champions' & 'Champion of Champions'

NORTHUMBRIAN SUITE

All recall sets will take place in the Northumbrian Suite

RESULTS ROOM

Results will be given out in the Main Results Room

PLEASE ENSURE YOU ARE READY TO DANCE 30 MINUTES BEFORE STIPULATED START TIME AS WE MAY COMMENCE COMPETITIONS EARLY

Provisional Timetable - Sunday 8th February 2026

LANCASTRIAN SUITE

	MAIN STAGE	FLOOR A	FLOOR B
8am	U7 Beginner and Primary Alternating	U8 Beginner and Primary Alternating	U9 Beginner and Primary Alternating
10.15am	U7 Intermediate and Open Alternating	U8 Intermediate and Open Alternating	U9 Intermediate and Open Alternating
12.30pm	Tiny Tots		
1pm	U10 Beginner & Primary Alternating	U11 Beginner & Primary Alternating	U12 Beginner & Primary Alternating
3.15pm	U10 Intermediate and Trad Set	U11 Intermediate	U12 Intermediate
End of Day	Minor Champion of Champions		

NORTHUMBRIAN SUITE

8am	U5 & U6 Beginner, Primary, Intermediate & Open - Alternating
9.15am	U5 & U6 Open Championships - Alternating
10am	U13 Beginner, Primary - Alternating
11.15am	U13 Intermediate
1pm	U7 Open Championship
1.30pm	U8 Open Championship
2.15pm	U9 Open Championship
3.00pm	O13 Beginner & Primary - Alternating
3.30pm	O13 Intermediate

PLEASE ENSURE YOU ARE READY TO DANCE 30 MINUTES BEFORE STIPULATED START TIME AS WE MAY COMMENCE COMPETITIONS EARLY