

Trainor School of Irish Dancing



20th Anniversary Feis

4th & 5th February 2023

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

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

ADJUDICATORS

Caroline Duggan	ADCRG	Connacht
Caroline McGrory-Healy	ADCRG	Midlands
Conor O'Sullivan	ADCRG	Midlands
Leanne Nelson	ADCRG	Midlands
Michael Kenny	ADCRG	USA
Nikki O'Meara	ADCRG	Munster
Rose Kenny	ADCRG	USA
Rose Marie Sorohan	ADCRG	SE Region
Thomas Bracken	ADCRG	USA

MUSICIANS

Aidan O'Neill	London
Majella Collins-Brooks	London
Alan Burns	London

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www.sercweb.com - www.instepfm.com - www.trainorschool.co.uk

Feis Organiser: Bernadette Trainor 07763 584790 (Teachers Only)

Cláraithe leis An Choimisiún le Rincí Gaelacha

20th TRAINOR FEIS 2023 - GRADE COMPETITIONS

NOVICE (Bún Grád) ⇓⇓⇓⇓	COR	PORT LUASCA	PORT SINGIL	PORT EADTROM	PORT TROM	CORNPHIOPA			
	TROPHY REEL	TROPHY SLIP JIG	TROPHY SINGLE JIG	TROPHY LIGHT JIG	TROPHY HEAVY JIG	TROPHY HORNPIPE			
Trainor Treasures	122-124	16 bars of a Reel - (Sash & Award)							
Under 6	122-124	124	124	116				4	
6 & Under 7	122-124	124	124	116				4	
7 & Under 8	122-124	124	124	116				96	144
8 & Under 9	122-124	124	124	116	96	144		6	
9 & Under 10	122-124	124	124	116	96	144		6	
10 & Under 11	122-124	124	124	116	96	144		6	
11 & Under 12	122-124	124	124	116	96	144		6	
PRIMARY (Tús Grád) ⇓⇓⇓⇓	COR	PORT LUASCA	PORT SINGIL	PORT EADTROM	PORT TROM	CORNPHIOPA			
	TROPHY REEL	TROPHY SLIP JIG	TROPHY SINGLE JIG	TROPHY LIGHT JIG	TROPHY HEAVY JIG	TROPHY HORNPIPE			
Under 6	116-118	120	124	116				4	
6 & Under 7	116-118	120	124	116				4	
7 & Under 8	116-118	120	124	116				76	118
8 & Under 9	116-118	120	124	116	76	118		6	
9 & Under 10	116-118	120	124	116	76	118		6	
10 & Under 11	116-118	120	124	116	76	118		6	
11 & Under 12	116-118	120	124	116	76	118		6	
12 & Under 14	116-118	120	124	116	76	118		6	
14 & Under 16	116-118	120	124	116	76	118		6	
INTERMEDIATE (Mean Grád) ⇓⇓⇓⇓	COR	PORT LUASCA	PORT SINGIL	PORT EADTROM	PORT TROM	CORNPHIOPA	TROPHY TRAD SET		
	TROPHY REEL	TROPHY SLIP JIG	TROPHY SINGLE JIG	TROPHY LIGHT JIG	TROPHY HEAVY JIG	TROPHY HORNPIPE			
Under 6	113	113	124	116				4	
6 & Under 7	113	113	124	116				4	
7 & Under 8	113	113	124	116				73	113
8 & Under 9	113	113	124	116	73	113	YES	7	
9 & Under 10	113	113	124	116	73	113	YES	7	
10 & Under 11	113	113	124	116	73	113	YES	7	
11 & Under 12	113	113	124	116	73	113	YES	7	
12 & Under 14	113	113	124	116	73	113	YES	7	
14 & Under 16	113	113	124	116	73	113	YES	7	
Over 16	113	113	124	116	73	113	YES	7	
OPEN (Ard Grád) ⇓⇓⇓⇓	COR	PORT LUASCA	PORT SINGIL	PORT EADTROM	PORT TROM	CORNPHIOPA	TROPHY TRAD SET		
	TROPHY REEL	TROPHY SLIP JIG	TROPHY SINGLE JIG	TROPHY LIGHT JIG	TROPHY HEAVY JIG	TROPHY TRAD SET			
Under 6	113	113	124	116	73	YES		6	
6 & Under 7	113	113	124	116	73		YES	6	
Under 11 & Under 13			13 & Under 16 & 16 & Under 19			Over 19			164
Ceili Championship U/11 & U/13			Ceili Championship			Ceili Championship			

PLEASE NOTE NEW SPEEDS FOR NOVICE GRADE DANCES

PLEASE NOTE NEW SPEEDS FOR PRIMARY GRADE DANCES

Open Mixed Championships - 3 Adjudicators			
Age Group	Round 1	Round 2	Round 3
5 & Under 6 (2017)	Reel (40 Bars)	Light Jig (40 Bars)	
6 & Under 7 (2016)	Reel (40 Bars)	Lgt/Hvy Jig (40 Bars)	
7 & Under 8 (2015)	Reel (40 Bars)	Heavy Jig (40 Bars)	Traditional Set
8 & Under 9 (2014)	Reel (40 Bars)	Heavy Jig (40 Bars)	Traditional Set
9 & Under 10 (2013)	Reel or Slip Jig	Heavy Jig or Hornpipe	Trad /Open Set
10 & Under 11 (2012)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
11 & Under 12 (2011)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
12 & Under 13 (2010)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
13 & Under 14 (2009)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
14 & Under 15 (2008)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
15 & Under 16 (2007)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
16 & Under 17 (2006)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
17 & Under 18 (2005)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
18 & Under 19 (2004)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
19 & Under 20 (2003)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
20 & Under 21 (2002)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
21 & Under 23 (2001,2000)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
Over 23 (1999 or Earlier)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
From U10 - Reel & Heavy Jig 48 Bars - Slip Jig & Hornpipe 40 Bars			
Preliminary Mixed Championships - 3 Adjudicators			
Age Group	Round 1	Round 2	Round 3
9 & Under 10 (2013)	Reel or Slip Jig	Heavy Jig or Hornpipe	Trad /Open Set
10 & Under 11 (2012)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
11 & Under 12 (2011)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
12 & Under 13 (2010)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
13 & Under 14 (2009)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
14 & Under 15 (2008)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
15 & Under 16 (2007)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
Over 16 (2006 or Earlier)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
Prelim - Reel & Heavy Jig 40 Bars - Slip Jig & Hornpipe 32 Bars			
Entry Fees			
Figure & Ceili competitions & Championships (per dancer)			£3.00
Solo Grade Competitions (all solos are Trophy Competitions)			£5.00
DOOR ENTRY PER FAMILY - INCLUDED IN ENTRY PRICE			£8.00
£7.00 Trainor Treasures + DOOR £8.00 =			£15.00
£30.00 Open Championships U/6 & U7 (2 solo results) + DOOR £8.00 =			£38.00
£35.00 Preliminary Champs from Under 10 (2 solo results) + DOOR £8.00 =			£43.00
£40.00 Open Championships U/8 to O/23 (2 solo results) + DOOR £8.00 =			£48.00
£50.00 - Dancer Maximum Fee for One Child + DOOR £8.00 =			£58.00
£65.00 Family Fee - For A Family of Two + DOOR £8.00 =			£73.00
£90.00 Family Fee - For A Family of Three or more + DOOR £8.00 =			£98.00
NO REFUNDS WILL BE MADE UNLESS THE FEIS IS CANCELLED			
Entries to Des Silke - Payment by bank transfer - Des will supply details.			
Closing Date for entries is Friday 20th January 2023			
£2 Admin fee applies from 21st Jan to 3rd February 2023 £5 Admin fee for entries on the day of the Feis.			

ALL CHAMPIONSHIPS WILL COMMENCE WITH THE LIGHT ROUND

TRAINOR FEIS - 2022 WINNERS

U5	SADIE CLARK-SINGLETON	THE IRISH DANCE ACADEMY
U6	EMILY MARNER	CLADDAGH ACADEMY
U7	ALYSSA MEANEY	MULVENNA ACADEMY
U8	GRACE MORGAN	TRAINOR SCHOOL
U9	ORLA BARANOWSKA	DUFFY TRAVIS KING ACADEMY
U10	HANNAH MAHON	CLADDAGH ACADEMY
U11	CARA MURPHY	LINDA MARTYN SCHOOL
U12	EILIS GAUGHAN	McGAHAN LEES ACADEMY
U13	AVA FOLAN	McGAHAN LEES ACADEMY
U14	TOBY McGUINNESS	CLADDAGH ACADEMY
U15	NIAMH GLYNN	LINDA MARTYN SCHOOL
U16	GRACE DAVITT	WARD MALLINSON SCHOOL
U17	SCARLETT SKEHILL	CELTIC HEARTS IRISH DANCE
U18	TEGAN McCONOMY	McCONOMY BRADLEY DOHERTY ACADEMY
U19	KELSEY RENNER	FRYDAYS ACADEMY
U20	LIAM COSTELLO	McGAHAN LEES CREER
U21	NIAMH ROGERS	MULVENNA ACADEMY
U23	LAUREN MURRAY	McCONOMY BRADLEY DOHERTY ACADEMY
O23	SHANNON MORRISSEY	SCOIL RINCE CEIM OIR
U10P	SCARLY LAGGUI	SWEENEY McAVINCHEY SCHOOL
U11P	MEGAN MOORE	CELTIC HEARTS IRISH DANCE
U12P	LAYLA ALLEN	AMC
U13P	CHLOE CORRIGAN	McGAHAN LEES ACADEMY
U14P	AOIFE ROPER	HOPKINS McSLOY ACADEMY
U15P	EDEN NOBLE-CLEARY	CARA-GAEL
U16P	ROSIE DADSWELL	JOYCE-O'DONNELL SCHOOL
O16P	COURTNEY GARRITY	TURNER ACADEMY

TRAINOR FEIS - 2022 WINNERS

Standard Rules for SER Feiseanna – 2023

- 1 Lodgement of entries implies that you acknowledge and accept all of the Rules of An Coimisiun Le Rinci Gaelacha and the Southern
- 2 England Regional Council plus the additional rules listed below, relating to the Feis.
- 3 Entries will only be accepted from Schools registered with An Coimisiun Le Rinci Gaelacha and entry forms must be signed by the
- 4 registered teacher. Entries with no fee will not be processed or acknowledged.
- 5 New entries may be taken on the day of the Feis in line with SERC late entry rule.
- 6 Ages to be taken from 1st January 2023.
- 7 All competitors may be required to produce their birth certificate / passport as proof of age.
- 8 Competitors must dance in their own age group for solo competitions except where there is no competition in their age group for that
- 9 particular dance. Dancers cannot compete in a younger age group.
- 10 All decisions of the Adjudicators are FINAL.
- 11 Only the committee members may approach the Adjudicators during competitions.
- 12 ALL Grade Competitions are OPEN to all Regions.
- 13 Competitors may only dance each dance in one grade.
- 14 Where there are five or less competitors in a competition, results will not affect their grading.
- 15 In all Heavy dances the lead around must be danced on both the right and left foot.
- 16 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
- 17 particular dance.
- 18 The basic step rule will apply to all Novice competitions as per the Southern England Regional Council.
- 19 The Primary Grade is for dancers who have not won a 1st or 2nd place for that particular dance in any Age Group.
- 20 All Novice and Primary dancers may only wear a class costume, simple dancewear or appropriate attire (skirt & top or simple dress for
- 21 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
- 22 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
- 23 rule may lead to disqualification.
- 24 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
- 25 not won a Premier competition, Preliminary Championships or Open Championship.
- 26 Intermediate competitors can dance their grade dances and either the Preliminary or Open Championship.
- 27 A panel of 3 adjudicators will judge all Open Championships from Under 6 and all Mixed Preliminary Championships from Under 10.
- 28 Boys Championships may be combined to become mixed at the Feis Organisers discretion if only one competitor is entered.
- 29 An Coimisiun has ruled that from 1st January of each year, that no block, en pointe, stationary or moving be allowed to be performed
- 30 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
- 31 September.
- 32 The Feis Organiser must provide non-slip flooring for every dance surface, however the Feis Organiser cannot accept any liability for
- 33 injury sustained whilst dancing.
- 34 Any competitor found to be using artificial carriage aids and subsequently refuses to remove same will be subject to disqualification
- 35 from that particular competition. Medically prescribed apparatus, proof of which may be required, will be exempt from this ruling.
- 36 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
- 37 perform the simple exercise of raising arms to shoulder level unhindered. If unable to do this due to costume stitching or any arm
- 38 attachments by the time of their rotation they will not be permitted to perform.
- 39 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
- 40 competitions, up to and including the Under 10 age group (POINT OF CLARIFICATION) For the purpose of this rule the term "Make-
- 41 up" includes tinted moisturiser and any artificial tanning products. An Coimisiun hopes that teachers and parents will interpret and
- 42 apply this rule in the spirit in which it is intended.
- 43 Dancers must be properly attired throughout the whole competition and must be in full costume and appropriate footwear when
- 44 receiving awards. No changing allowed in competition areas.
- 45 Any form of unauthorised photography which has the capability to capture a dancer's image whilst in motion, using electronic or
- 46 manual means, e.g. mobile phone, standard camera, video camcorder, cine recorder, commercial film, with or without flash
- 47 enhancement, is expressly forbidden in all competitions.
- 48 Photographs taken at awards ceremonies are permitted, however these must be for your own use and not used for public display
- 49 purposes, unless permission has been obtained.
- 50 Any competition can be moved to another hall at the discretion of the Feis Secretary.
- 51 All Championship cups are perpetual and recipients will be responsible for any loss or damage and for the safe return in adequate
- 52 time to be presented to subsequent winners.
- 53 Parents are responsible for the conduct of their children, at all times, whilst attending the Feis.
- 54 The Feis Organiser accepts no responsibility for any loss or damage to personal property.
- 55 No Smoking, eating or drinking in any of the halls, except in designated areas.
- 56 Objections against any breach of the above rules must be made in writing, and signed, to the Feis Secretary and accompanied by a
- 57 fee of £25.00, which will be refunded if the objection is upheld. If parents have any constructive comments to make about any aspect
- 58 of Feiseanna, these would be welcomed by the council and should be put in writing. It should be noted that anonymous
- 59 correspondence cannot be dealt with.
- 60 Competitors in Bun Grad & Tus Grad, up to and including the Under 12 age group, may only wear traditional class costumes or
- 61 long/short-sleeved blouses/shirts & skirts/trousers, polo tops & skirts/ trousers, body suits & skirts or tunics that conform to the
- 62 regular costume length rule. Low-cut tops and short tight skirts are not permitted.
- 63 Costume Length: Length of costumes must adhere to principles of modesty and enable dancers to safely execute their movements
- 64 and steps. Adjudicators who determine a costume to be too short or to lack modesty may ask a competitor to change into black tights
- 65 (of a denier not less than 70 per cent) in order for the dancer to continue in the competition. For competitions adjudicated by a panel
- 66 of more than one adjudicator, all adjudicators on the panel must agree to ask the dancer to wear tights.
- 67 Appropriate undergarments covering the midriff must be worn. Undergarments must provide full coverage as per the illustration
- 68 attached. (See Addendum A). Dancers wearing undergarments that do not cover the areas of the body as in the illustrated example
- 69 will be asked to put on black tights of a denier of not less than 70%. This is monitored by the adjudicator. For competitions
- 70 adjudicated by a panel of more than one adjudicator all adjudicator on the panel must agree to ask the dancer to put on tights

General Data Protection Regulations (GDPR)

The committee and teachers of the Trainor School will protect all users' information in accordance with the EU General Data Protection Regulation 2018.

The teachers of the Trainor School are fully paid up members of CLRG and comply with all CLRG GDPR Regulations currently in place as regards to running feiseanna.

Data collected will be via the completed entry pack that is available for download from <https://www.instepfm.com>. All the data in the entry pack will be emailed and stored on a password protected laptop (operated by Instep Feis Management) and only shared with the feis organiser.



Preliminary Championships in England, Scotland and Wales

Effective 1st January 2021

- A minimum number of three Adjudicators must officiate.
- The first age group for a Preliminary Championship is Under 10.
- 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.
- 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.
- Where there are separate Preliminary and Open Championships, dancers can compete in both at the discretion of the Feis organiser.
- Where a competitor wins two Preliminary Championships they must dance in Open Championship for a period of 12 months thereafter.
- 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.
- 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.
- Dances performed in a Preliminary Championships do not count for grading in solo competitions.
- Competitors that qualify for and compete in Oireachtas Rince na Cruinne in the previous 12 months cannot compete in a Preliminary Championship *except where the dancer auto qualified at their Regional or National Oireachtas due to lack of numbers*.
- 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.

PLEASE NOTE THE ABOVE RULES ARE NOT RETROSPECTIVE

Awards - Medals & Trophies

2 medals/trophies = 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

1 Trophy = 5 of less - 2 Trophies = 10 or less - 3 Trophies = More than 10