

Trainor School of Irish Dancing



23rd Annual Feis

Sunday 1st February 2026

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

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

ADJUDICATORS

Aileen Peake-Madden	ADCRG	SE Region, UK
David Moore	ADCRG	Ulster, Eire
Julie Loughlin	ADCRG	SE Region, UK
Lisa Delaney	ADCRG	SE Region, UK
Mark McCole	ADCRG	Connacht, Eire
Rachel Franzen	ADCRG	Switzerland, RCCEA
Rita Maguire	ADCRG	Western Region, Australia
Rosemarie Sorohan	ADCRG	SE Region, UK
Rosetta Mcconomy	ADCRG	Ulster, Eire

MUSICIANS

Aidan O'Neill	London
Kieran McHugh	Watford
Majella Collins-Brooks	Hertfordshire

Travelodge, Park Plaza, Cheshunt, EN8 8DY
Telephone: 0871 984 6349

Website: <https://www.travelodge.co.uk/>

Facebook: <https://www.facebook.com/profile.php?id=100090466827061>

Website: <https://www.instepfm.com>

Feis Organiser: Bernadette Trainor 07763 584790 (Teachers Only)

Cláraithe Feis An Choimisiún le Rincí Gaelacha

DUE TO THE FEIS BEING RUN ON ONE DAY IT MAY NOT BE POSSIBLE TO ENTER ON THE DAY, PLEASE ENTER EARLY TO AVOID ANY DISAPPOINTMENT

Open Mixed Championships - 3 Adjudicators

Age Group	Round 1	Round 2	Round 3	
Under 6 (2020 or Later)	Reel (32 Bars)	Light/Single Jig (32 Bars)		
6 & Under 7 (2019)	Reel (32 Bars)	Lgt/Hvy Jig (32 Bars)		

Open Mixed Championships - 6 Adjudicators

7 & Under 8 (2018)	Reel (40 Bars)	Heavy Jig (40 Bars)	Traditional Set
8 & Under 9 (2017)	Reel (40 Bars)	Heavy Jig (40 Bars)	Traditional Set
9 & Under 10 (2016)	Reel or Slip Jig	Heavy Jig or Hornpipe	Trad /Open Set
10 & Under 11 (2015)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
11 & Under 12 (2014)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
12 & Under 13 (2013)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
13 & Under 14 (2012)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
14 & Under 15 (2011)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
15 & Under 16 (2010)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
16 & Under 17 (2009)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
17 & Under 18 (2008)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
18 & Under 19 (2007)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
19 & Under 20 (2006)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
20 & Under 21 (2005)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
21 & Under 23 (2004,2003)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
Senior O/23 (2002 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 - 6 Adjudicators

Age Group	Round 1	Round 2	Round 3
9 & Under 10 (2016)	Reel or Slip Jig	Heavy Jig or Hornpipe	Trad /Open Set
10 & Under 11 (2015)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
11 & Under 12 (2014)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
12 & Under 13 (2013)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
13 & Under 14 (2012)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
14 & Under 15 (2011)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
15 & Under 16 (2010)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
Over 16 (2009 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)	£5.00
Solo Grade Competitions (all solos are Trophy Competitions)	£6.50
DOOR ENTRY PER FAMILY - Please include with entry	£8.00
£10.00 Trainor Treasures + DOOR £8.00 =	£18.00
£40.00 Under 6 & Under 7 Championships (2 solo results) + DOOR £8.00 =	£48.00
£45.00 Preliminary Champs from Under 10 (2 solo results) + DOOR £8.00 =	£53.00
£45.00 Open Championships U/8 to O/23 (2 solo results) + DOOR £8.00 =	£53.00
£60.00 Family Fee - Maximum for One Child + DOOR £8.00 =	£68.00
£90.00 Family Fee + DOOR £8.00 =	£98.00

NO REFUNDS WILL BE MADE UNLESS FEIS IS CANCELLED

Entries to Des Silke - Payment by bank transfer - Des will supply details.

Closing Date for entries is Friday 23rd January 2026

£5.00 Admin fee, payable for entries on the day.

23rd TRAINOR FEIS 2026 - GRADE COMPETITIONS

Standard Rules for SER Feiseanna – 2026

- 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 2026.**
- 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
- 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.
- 19 The adjudication panel is at the discretion of the Feis organiser.
- 20 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
- 21 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.
- 22 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.
- 23 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.
- 24 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
- 25 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.
- 26 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.
- 27 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.
- 28 Any competition can be moved to another hall at the discretion of the Feis Secretary.
- 29 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.
- 30 Parents are responsible for the conduct of their children, at all times, whilst attending the Feis.
- 31 The Feis Organiser accepts no responsibility for any loss or damage to personal property.
- 32 No Smoking, eating or drinking in any of the halls, except in designated areas.
- 33 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
- 34 Competitors in Bun Grad & Tus Grad, up to and including the Under 12 age group, may only wear traditional class costumes or long/short-sleeved blouses/shirts & skirts/trousers, polo tops & skirts/ trousers, body suits & skirts or tunics that conform to the regular costume length rule. Low-cut tops and short tight skirts are not permitted.
- 35 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 per cent) 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 ask the dancer to wear tights.
- 36 Appropriate undergarments covering the midriff must be worn. Undergarments must provide full coverage as per the illustration attached. (See Addendum A). Dancers wearing undergarments that do not cover the areas of the body as in the illustrated example will be asked to put on black tights of a denier of not less than 70%. This is monitored by the adjudicator. For competitions adjudicated by a panel of more than one adjudicator all adjudicator on the panel must agree to ask the dancer to put on tights
- 37 **Costumes (including headwear) worn in championship competitions must not include any "Identifying Designs". "Identifying Designs" are defined as any element on any costume worn in a championship solo competition identifying a status of achievement or an Irish dance competition award (i.e. GLOBES). Effective date 1st September 2025.**

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

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

General Data Protection Regulations (GDPR)

The Committee and teachers of The Trainor School will protect all user's 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 stored on a password protected laptop and only shared with the Feis Organiser.

TRAINOR FEIS - 2025 WINNERS

U6	LILY DUFFY	FRB ACADEMY
U7	ZOYA MISTZAL	McGAHAN LEES ACADEMY
U8	SADIE CLARK SINGLETON	CARA GAEL
U9	EMILY MARNER	CLADDAGH ACADEMY
U10	RAFFERTY BROOKS-STEVENS	BROOKS ACADEMY
U11	MIA KECK	SWEENEY IRISH DANCE
U12	NELA FUSKO	MURCHU-DUIGINN SCHOOL
U13	ELLEN NEELY	KELLEY O'BOYLE SCHOOL
U14	ELLEN LEAVENS	McGAHAN LEES ACADEMY
U15	AINE GAYNOR	CLADDAGH ACADEMY
U16	ANNA BORISENKO	SCOIL RINCE CEIM OIR
U17	TILLY BROWN	TRAINOR SCHOOL
U18	OLIVIA DELANEY	McGAHAN LEES ACADEMY
U19	EMMA EATON	SCOIL RINCE CEIM OIR
U20	SÉ O'TOOLE	BROOKS ACADEMY
U21	BRIDGET MORAN	THE IRISH DANCE ACADEMY
U23	AIDAN HURFF	O'SHEA CHAPLAIN SCHOOL
O23	ERIN-GRACE COOKE	HENNIGAN IRISH DANCE
U10P	BLAKE BRENNAN	HERLIHY-BURGOINE
U11P	SCARLETT ROY	CLADDAGH ACADEMY
U12P	WILLOW BOURNE	McHALE ACADEMY
U13P	SYLVIE DANIELS	McCARRON DANCE
U14P	SUMMER KENNEDY	KELLEY O'BOYLE SCHOOL
U15P	GRACE JACOB	FORRESTALL SCHOOL
U16P	AMELIA WINCHURST	BROOKS ACADEMY
O16P	EVA O'CONNELL	MURCHU-DUIGINN SCHOOL

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