

# Trainor School of Irish Dancing



## 22nd Annual Feis

Sunday 2nd February 2025

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

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

### ADJUDICATORS

Bernadette Chaney	ADCRG	Dublin, Leinster
Charles Moore	ADCRG	Limerick, Munster
Daniel Flannagan	ADCRG	Shannon, Munster
Gavin Doherty	ADCRG	Co Antrim, Ulster
Kerrie Connolly	ADCRG	Dundalk, Ulster
Kieran Rogers	ADCRG	Warrington, NW Region
Mary Teresa McHugh	ADCRG	Coventry, Midlands
Michael McInerney	ADCRG	Swindon, SE Region
Rose Marie Sorohan	ADCRG	London, SE Region

### 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**

## Standard Rules for SER Feiseanna – 2025

- 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 2025.**
- 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 1<sup>st</sup> 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.
- 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 September.
- 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 rule in the spirit in which it is intended.
- 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 cannot be dealt with.
- 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

# 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 1<sup>st</sup>-3<sup>rd</sup> in an Open Championship with up to 20 competitors or 1<sup>st</sup>-5<sup>th</sup> 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.

# 22nd TRAINOR FEIS 2025 - GRADE COMPETITIONS

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NOVICE (Bún Grád) ⇓⇓⇓⇓	COR TROPHY REEL	PORT LUASCA TROPHY SLIP JIG	PORT SINGIL TROPHY SINGLE JIG	PORT EADTROM TROPHY LIGHT JIG	PORT TROM TROPHY HEAVY JIG	CORNPHIOPA TROPHY HORNPIPE	32 Bars to be performed in all grade competitions	
TRAINOR TREASURERS - 16 BARS OF A REEL - £9.00								
Under 7	122-124	124	124	116	96	144		6
7 & Under 8	122-124	124	124	116	96	144		6
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 TROPHY REEL	PORT LUASCA TROPHY SLIP JIG	PORT SINGIL TROPHY SINGLE JIG	PORT EADTROM TROPHY LIGHT JIG	PORT TROM TROPHY HEAVY JIG	CORNPHIOPA TROPHY HORNPIPE	32 Bars to be performed in all grade competitions	
Under 7	116-118	120	124	116	76	118		6
7 & Under 8	116-118	120	124	116	76	118		6
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
13 & 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 TROPHY REEL	PORT LUASCA TROPHY SLIP JIG	PORT SINGIL TROPHY SINGLE JIG	PORT EADTROM TROPHY LIGHT JIG	PORT TROM TROPHY HEAVY JIG	CORNPHIOPA TROPHY HORNPIPE		
Under 7	113	113	124	116	73	113		6
7 & Under 8	113	113	124	116	73	113		6
8 & Under 9	113	113	124	116	73	113		6
9 & Under 10	113	113	124	116	73	113		6
10 & Under 11	113	113	124	116	73	113		6
11 & Under 12	113	113	124	116	73	113		6
13 & Under 14	113	113	124	116	73	113		6
14 & Under 16	113	113	124	116	73	113		6
Over 16	113	113	124	116	73	113	6	
OPEN (Ard Grád)						TROPHY TRAD SET	TROPHY OPEN SET	
8 & Under 9							YES	1
Under 10						YES		1
MIXED CEILI CHAMPIONSHIPS (ANY FOUR OR EIGHT HAND)								
UNDER 11 - 11 & UNDER 13 - 13 & UNDER 16 - OVER 16								

## Open Mixed Championships - 3 Adjudicators

Age Group	Round 1	Round 2	Round 3
Under 6 (2019 or Later))	Reel (40 Bars)	Light/Single Jig (40 Bars)	
6 & Under 7 (2018)	Reel (40 Bars)	Lgt/Hvy Jig (40 Bars)	
7 & Under 8 (2017)	Reel (40 Bars)	Heavy Jig (40 Bars)	Traditional Set
8 & Under 9 (2016)	Reel (40 Bars)	Heavy Jig (40 Bars)	Traditional Set

## Open Mixed Championships - 6 Adjudicators

9 & Under 10 (2015)	Reel or Slip Jig	Heavy Jig or Hornpipe	Trad /Open Set
10 & Under 11 (2014)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
11 & Under 12 (2013)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
12 & Under 13 (2012)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
13 & Under 14 (2011)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
14 & Under 15 (2010)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
15 & Under 16 (2009)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
16 & Under 17 (2008)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
17 & Under 18 (2007)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
18 & Under 19 (2006)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
19 & Under 20 (2005)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
20 & Under 21 (2004)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
21 & Under 23 (2003,2002)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
Senior O/23 (2001 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 (2015)	Reel or Slip Jig	Heavy Jig or Hornpipe	Trad /Open Set
10 & Under 11 (2014)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
11 & Under 12 (2013)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
12 & Under 13 (2012)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
13 & Under 14 (2011)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
14 & Under 15 (2010)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
15 & Under 16 (2009)	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
Over 16 (2008 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)	<b>£5.00</b>
Solo Grade Competitions (all solos are Trophy Competitions)	<b>£6.00</b>
<b>DOOR ENTRY PER FAMILY - Please include with entry</b>	<b>£6.00</b>
£9.00 Trainor Treasures + DOOR £6.00 =	<b>£15.00</b>
£35.00 Under 6 & Under 7 Championships (2 solo results) + DOOR £6.00 =	<b>£41.00</b>
£40.00 Preliminary Champs from Under 10 ( 2 solo results) + DOOR £6.00 =	<b>£46.00</b>
£40.00 Open Championships U/8 to O/23 (2 solo results) + DOOR £6.00 =	<b>£46.00</b>
£55.00 Family Fee - Maximum for One Child + DOOR £6.00 =	<b>£61.00</b>
£90.00 Family Fee + DOOR £6.00 =	<b>£96.00</b>

**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 24th January 2025**

£2.00 Admin fee applies from 25th Jan to 1st February 2025 £5.00 Admin fee for entries on the day of the Feis.

ALL CHAMPIONSHIPS WILL COMMENCE WITH THE LIGHT ROUND

# TRAINOR FEIS - 2024 WINNERS

U6	ORLA WHYTE	KEADY ACADEMY
U7	SADIE CLARK SINGLETON	CARA GAEL
U8	EMILY MARNER	CLADDAGH ACADEMY
U9	ALYSSA McMANUS MEANEY	MULVENNA ACADEMY
U10	GRACE MORGAN	TRAINOR SCHOOL
U11	NELA FUSKO	MURCHU-DUIGINN SCHOOL
U12	ELLEN NEELY	KELLEY O'BOYLE SCHOOL
U13	HONOR SKY CONLON	DEBORAH WHELAN DANCE
U14	ORLA WORMALD	NADINE MARTIN ACADEMY
U15	RUBY O'CONNOR	COWHIE-RYAN McCOLE
U16	AIDAN WARD	MARIE CONNELL SCHOOL
U17	OLIVIA DELANEY	McGAHAN LEES ACADEMY
U18	CARMEN McALEER	CARSON ACADEMY
U19	SHAUNA MEEHAN	THE IRISH DANCE ACADEMY
U20	MARY CONWAY	McGAHAN LEES ACADEMY
U21	LILY McDONNELL	THE IRISH DANCE ACADEMY
U23	LIAM COSTELLO	MCGAHAN LEES CREER
O23	SHAKAELA CARROLL	CLADDAGH ACADEMY
U10P	MIA KECK	SWEENEY McAVINCHEY
U11P	DAISY MAI HAMILTON	MARIE CONNELL SCHOOL
U12P	LUCY CROUCH	McGAHAN LEES ACADEMY
U13P	ELSIE FORDHAM	HENNIGAN IRISH DANCE
U14P	EMMA DURKIN	HERLIHY BURGOINE
U15P	ISABELLE WATTS	MAGUIRE O'SHEA ACADEMY
U16P	MAGGIE HIGGINS	MAGUIRE O'SHEA ACADEMY
O16P	SOPHIA ROSE	CARA GAEL

# TRAINOR FEIS - 2024 WINNERS