



SATURDAY 13th JUNE 2026

PARKS LEISURE CENTRE, HOWDON ROAD
NORTH SHIELDS, TYNE & WEAR, NE29 6TL

ADJUDICATORS

AIDAN COMERFORD	MIDLANDS
AIMEE STARKIE-McCARTHY	ULSTER
DERMOT CULLEN	NORTH WEST
DONNA GRIFFIN-DAVIS	MIDLANDS
KIERAN ROGERS	NORTH WEST
MARIA STANLEY	MIDLANDS
NINA BURKE	LEINSTER
SARAH MANNING-HULL	SOUTHERN
SHARON McCAUL-KELLY	ULSTER

MUSICIANS

MARTIN DALY	SCOTLAND
LIAM O'SULLIVAN	NEWCASTLE
ANTHONY DAVIS	MIDLANDS

**TABULATION & ENTRIES BY INSTEP FEIS
MANAGEMENT - CLOSING DATE 5TH JUNE 2026**

"Clairithe Leis An Coimisiun Le Rinci Gaelacha"

Welcome to the
2026 North East of England
Irish Dance Championships

Dedicated to the memory of my beloved Family.

Dear Teachers, Parents/ Guardians and Dancers,

On behalf of the Championship organisers we are delighted to extend to you a very warm welcome to this year's North East of England Championships.

We will once again host our event at The Parks Leisure Centre with the large additional dancing area, enabling us to run our event over one day.

The original championship hall will now be used for our grade competitions, (three floors will be in use). The large second hall will hold the Championships. We have two full size championship stages, a recall/result hall upstairs, a dance studio practise area, changing facilities and parking spaces at both the front and rear of the building.(Please note the championship stage sizes have been rectified since our previous feis).

There will be a 100% recall in all Open & Preliminary Championships, to give dancers the opportunity to perform their set dance in readiness for the forthcoming Scottish National Championships 26th-28th June 2026 (secondary qualifier for UK & RCCEA dancers for ORNC 2027) and the British National Championships 25th-27th July.

The top five dancers in the Trophy Reel competitions will receive trophy awards. The first placed winner in all grade competitions will receive a trophy award.

A Teachers award will be presented to the school attaining the highest overall points in each grade section:- Beginner, Primary and Intermediate.

The Liam Harper Boys Trophy Reel will take place after the Senior Championship, open to all boys who have competed on the day.

There will be a minor, junior and senior champion of champions competition which will run after the respective Championships, if time permits we will dance a parade of champions.

We have an impressive line up of **9 adjudicators and 3 musicians**, and look forward to enjoying the very high standard of dancing our event always attracts.

We look forward to welcoming you all to the North East Region in 2026 and thank you for your continued support

Kindest Regards

Barbara Slater ADCRG and Team Clann na nGael

Approved by North East Regional Council

SIGNED: R. O'DONNELL - FEIS REGISTRAR Dated:-

North East of England Championships 2026

Boys & Girls mixed Premier - 1 Adjudicator

U5 Mixed	Reel	No second round required	
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Mixed OPEN Championships - 3 Adjudicators

5 & Under 6	Reel	Light Jig or Single Jig	
6 & Under 7	Reel	Light Jig or Single Jig or Heavy Jig	

Mixed OPEN Championships - 6 Adjudicators

7 & Under 8	Reel	Heavy Jig	Hornpipe or Trad Set
8 & Under 9	Reel	Heavy Jig	Hornpipe or Trad Set

FROM U5 TO U9 AGE GROUPS - CHAMPIONSHIPS WILL COMMENCE IN SOFT SHOES

Mixed OPEN Championships - 6 Adjudicators (includes 2 solo results)

9 & Under 10	Heavy Jig or Hornpipe	Reel or Slip Jig	Trad or Open Set
10 & Under 11	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
11 & Under 12	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
12 & Under 13	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
13 & Under 14	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
14 & Under 15	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
15 & Under 16	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
16 & Under 17	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
17 & Under 18	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
18 & Under 19	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
19 & Under 21	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
Senior Over 21	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance

Mixed Preliminary Championships - 6 Adjudicators (includes 2 solo results)

Under 10 Prelim	Heavy Jig or Hornpipe	Reel or Slip Jig	Trad or Open Set
U11, U12, U13, U14	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
U15, U16, O16	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance

FROM U10 TO SENIOR OPEN & PRELIM CHAMPIONSHIPS WILL COMMENCE IN HARD SHOES

Entry Fees

GRADE SOLO COMPETITIONS	£7.00
TINY TOTS - COMPETITIONS	£7.50
DOOR FEE PER ADULT - PAYABLE ON ENTRY TO THE FEIS (Children Free)	£6.00
CASH ONLY PAYMENTS ON DAY OF EVENT	CONCESSIONS £4.00
UNDER 5, PREMIER (1 Adjudicator)	£15.00
OPEN CHAMPIONSHIP Under 6 & Under 7 (3 Adjudicators)	£35.00
OPEN CHAMPIONSHIP Under 8 & Under 9 (6 Adjudicators)	£40.00
PRELIMIN & OPEN CHAMPIONSHIPS Under 10 to SENIOR (6 Adjudicators)	£45.00
Includes 2 solo results	
Maximum Fees for 1 Dancer	£60.00
Family Maximum	£90.00

Email your entry pack to: desilke@instepfm.com or desilke648@icloud.com

CLOSING DATE IS FRIDAY 5th JUNE 2026

NORTH EAST OF ENGLAND GRADE COMPETITIONS 2026

U6 UNGRADED 16 BARS IN REEL TIMING

TINY TOTS TEACHER MAY ACCOMPANY DANCER

DANCERS MAY ENTER, & COMPETE IN EITHER THE TINY TOTS COMPETITION OR SOLO GRADE COMPETITIONS, BUT NOT IN BOTH.

ALL GRADES WILL DANCE 32 BARS IN EACH DANCE

BEGINNER (Bún Grád)	PRIMARY (tus Grad)	INTERMEDIATE (Mean Grad)	OPEN (Ard Grad)
TROPHY 1st-5th	TROPHY 1st-5th	TROPHY 1st-5th	TROPHY 1st-5th
REEL	REEL	REEL	REEL
TROPHY 1st	TROPHY 1st	TROPHY 1st	TROPHY 1st
SINGLE JIG	SINGLE JIG	SINGLE JIG	SINGLE JIG
TROPHY 1st	TROPHY 1st	TROPHY 1st	TROPHY 1st
LIGHT JIG	LIGHT JIG	LIGHT JIG	LIGHT JIG
TROPHY 1st	TROPHY 1st	TROPHY 1st	TROPHY 1st
SLIP JIG	SLIP JIG	SLIP JIG	SLIP JIG
TROPHY 1st	TROPHY 1st	TROPHY 1st	TROPHY 1st
HEAVY JIG	HEAVY JIG	HEAVY JIG	HEAVY JIG
TROPHY 1st	TROPHY 1st	TROPHY 1st	TROPHY 1st
HORNPIPE	HORNPIPE	HORNPIPE	HORNPIPE
TROPHY 1ST - OPEN TRAD SET DANCE			UNDER 8 & U9 COMPS

GRADE AGE GROUPS

BEGINNER	PRIMARY	INTERMEDIATE	OPEN
Bun Grad	Tus Grad	Mean Grad	Ard Grad
Under 5 B	Under 5 P	Under 5 I	Under 5 O
Under 6 B	Under 6 P	Under 6 I	Under 6 O
Under 7 B	Under 7 P	Under 7 I	Under 7 O
Under 8 B	Under 8 P	Under 8 I	Under 8 O
Under 9 B	Under 9 P	Under 9 I	Under 9 O
Under 10 B	Under 10 P	Under 10 I	
Under 11 B	Under 11 P	Under 11 I	
Under 12 B	Under 12 P	Under 12 I	
Under 13 B	Under 13 P	Under 13 I	
Over 13 B	Over 13 P	Under 14 I	
		Over 14 I	

METRONOMIC SPEEDS

DANCE	BEGINNER	PRIMARY	INTERMEDIATE / OPEN
REEL	122 - 124	116 - 118	113
SINGLE JIG	124	124	124
LIGHT JIG	116	116	116
SLIP JIG	124	120	113
HEAVY JIG	96	76	73
HORNPIPE	144	118	113

CEILI COMPETITIONS DANCES TAKEN FROM AR RINCE CEILI BOOK

4 HAND	U11 U13 U16 O16	FEES:- £3.00 PER DANCER
8 HAND	U11 U13 U16 U19 O19	FEES:- £3.00 PER DANCER

FEIS RULES

1. **Entry Pack at:** <http://www.instepfm.com> **CLOSING DATE 5th JUNE 2026.**

Entries payable by Bank Transfer or ONE school cheque. Bank details issued on receipt of entry.

POSTAL ENTRIES TO:- B. Slater ADCRG 10 Lytham Close, Hadrian Park, Tyne & Wear. NE28 9TJ

2. **Age to be taken from 1st January 2026. Entries accepted from Teachers registered with CLRG**

3. **The Adjudicators decision is final. Prizes will be awarded in accordance with CLRG rules.**

4. **Beginner competitions** are open to dancers who have never won a first place in that particular dance in any age group. Only basic steps may be performed. No clicks or rocks. The Beginners Trophy Reel is confined to dancers who have not previously won a Beginner Trophy Reel in any age group.

5. **Primary competitions** are open to dancers who have never won a first place in that particular dance in any age group. Excluding 1st placings won in the Beginner grades.

The Primary Trophy Reel is confined to dancers who have not previously won a Primary Trophy Reel in any age group.

6. **Intermediate competitions** are open to dancers who have not won a first place in that particular dance in their present age group. The Intermediate Trophy Reel is confined to dancers who have not won an intermediate Trophy Reel in their present age group.

7. If there are 5 or less competitors in any grade competition results will not effect a dancers grading status. However should a dancer win 3 such competitions they will move up to the next grade. If there are 15 or more competitors in any Grade competition, 1st 2nd & 3rd placed dancers will move up to the next grade. If there are less than 15 competitors only the 1st placed competitor will regrade.

8. **Grade competitions are open to All Regions.** Competitors up to and including U12 age in the **Beginner & Primary grades may only wear a traditional class costume, or a simple long/short sleeved top, polo shirt, body suit with skirt, tunic/trousers** that conform to the regular costume length rule. Low cut tops and short tight skirts are not permitted.

9. **Costume length:** Length of costumes must adhere to principle of modesty & 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 must agree to ask the dancer to wear tights.

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 comps identifying a status of achievement or 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.

10. Appropriate undergarments covering the midriff must be worn. Undergarments must provide full coverage. Dancers wearing undergarments that do not fully cover the area of the body will be asked to wear black tights of a denier of not less than 70%. This is monitored by the adjudicator. For competitions adjudicated by a panel, all adjudicators must agree to ask the dancer to wear tights.

11. With the exception of the Under 5, U6 & U7 age groups, a dancer who has won an Open championship, the dancer must dance in open competitions in the calendar year in which the championship was won. To be eligible to dance in the Under 5, 6, 7, 8 and 9 championships dancers are required to dance their championship dances in the solo grade competitions.

12. Respect for fellow competitors on stage is a requirement at all times. Lack of respect of courtesy for fellow competitors by aggressive dancing on stage will be subject to penalty at the discretion of each adjudicator.

13. Make-up will not be permitted for any dancer in the first two grades(Beginners & Primary) up to & including the Under 12 age group worldwide. For purpose of this rule, the term 'make-up' includes tinted moisturiser and any artificial tanning products. Make-up (including false eyelashes and tanner on face) is not permitted for dancers, in either solo or team competitions, up to and including the Under 10 age group.

FEIS RULES CONTINUED

- 14. All Open, Prelim & Local challenge cups, are perpetual trophies and must be returned to the feis when requested. The recipient/guardian is responsible for any loss or damage whilst in their possession.**
15. Teams may contain up to 75% from a younger age group. A dancer may only compete in one team in the same age group, i.e., 1 x 2 hand, 1 x 3 hand etc. - the only exception to this would be where a dancer could dance in a mixed and unmixed 8 hand ceili team in the same age group.
16. No block, en Pointe, stationary or moving, is allowed to be performed for all ages up to and including the Under under 12 age group.
17. 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.
18. Dancers must be suitably dressed at all times. Changing facilities will be provided, therefore there should be no no changing in public areas.
19. Any objections to these rules should be made in writing and handed to the Feis secretary with a fee of £20.00. The objection must be lodged within one hour after the completion of the competition. Where the objection is sustained the fee will be returned.
20. No video or digital cameras, or phone cameras or flash photography to be used during competitions. Mobile telephones and electronic games must be switched off in dancing areas.
- 21. There will be no consumption of alcohol in the building or in any area on site of The Parks premises.**
- 22. Competitors are required to be ready to dance 30 minutes before their competitions are scheduled. They may lose their right to compete if not side stage when required.**
23. The Feis organisers will as far as reasonably practical provide suitable surfaces for dancing. However they cannot be held responsible, or accept any liability for any injuries sustained whilst dancing. The lodgement of an entry will be deemed to be an acceptance of this provision by a dancer.
24. Subject to the approval of the Regional Council. The Feis organiser may cancel or amend any competition in this syllabus. All teachers would be informed before the event of any changes made.
25. North East teachers are required to forward a copy of their entry to the Regional Records clerk: Dee Gorman at deemart1964@yahoo.co.uk on or before the **Feis closing date**. A fine of £20 will be imposed by council for non-receipt.

PRELIMINARY CHAMPIONSHIPS

- A.** A minimum of three adjudicators must officiate. **B.** The first age group for prelim champions is under 10yrs. **C.** Where a Preliminary Championship is held separate from an Open Championship three rounds should be included; ie Reel or Slip jig, Heavy Jig or Hornpipe and any Set Dance. **D.** Where a Preliminary Championship is combined with an Open Championship, the result for the Preliminary Championship should be taken from eligible dancers ranking after the first two rounds.
- E.** Where there are separate Open and Preliminary Championships, dancers may compete in both championships at the discretion of the feis organiser. **F.** Where a competitor wins two Prelim Championships, they must dance in Open Championship for a period of 12 months thereafter. **G.** 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 Championship within two years of winning their first Preliminary Championship, then the first win will be deemed as having expired and the dancers start afresh.
- H.** Where there are less than 6 competitors in a Prelim Championship, that will not normally be considered for grading purposes. However where a dancer wins three Prelim Championships, regardless of the number of competitors in each competition, that dancer must dance in Open Championship for a period of 12 months thereafter. **I.** Dances performed in a Preliminary Championship do not count for grading solo competitions. **J.** 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. **K.** 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 Regional Oireachtas. **L. If there are 5 or less dancers in any single age group the competitions will be combined and held in Double age groups.**

DIRECTIONS TO:- PARKS LEISURE CENTRE HOWDON RD, NORTH SHIELDS. NE29 6TL.

By Rail

From Central Station take Metro to Meadow Well Metro station. Alight from Metro station onto Bridge Street South. Head East .3 miles to 1st Round about turn right onto Howdon Road. Parks Leisure Centre on left hand side.

By Car: Approaching from the North A1

Leave A1 at junction for A19 Tyne Tunnel. Stay on A19. Take 1st slip road signed A193 North Shields. At R/Abt take 1st exit onto A193. At R/Abt take 3rd exit onto A187 Howdon.

Continue on A187 crossing over 3 R/Abts. At 4th R/Abt take 1st exit which takes you into Parks Leisure Centre Howdon Road. North Shields NE29

6TL (Due to changes in Road layout, it is no longer necessary to leave A19 at Silverlink R/A).

By Car Approaching from the South A1 (M).

After passing Washington Services (A1M) keep right at the fork to continue on A194(M), follow signs for South Shields. At R/Abt take 2nd exit onto Leam Lane/A194. Continue on A194 at next R/Abt take 2nd exit onto A19 signed Morpeth/Tyne Tunnel. Continue on A19 and go through Tyne Tunnel. at R/Abt take exit onto signed A187 Howdon Road. Continue on A187 crossing over 3 R/Abts. At fourth R/Abt take 1st exit which takes you into Parks Leisure Centre Howdon Road. North Shields NE29 6TL

By Car Approaching from the West A69

From A69 cross over A1 to A186. At next R/Abt turn left onto A191. Follow signs for A167 to A167(M) City Bypass. Take exit onto A1085 signed Tynemouth proceed straight ahead going through several sets of Traffic lights. Take slip road signed Tyne Tunnel and stay in right hand lane. At R/Abt take 4th exit signed Tyne Tunnel A19. Take next slip road signed A193 North Shields and turn left. Move over to Rt hand lane at R/Abt take 3rd exit onto A187 Howdon Road. Continue on A187 crossing 3 further R/Abts. At fourth R/Abt take 1st exit which leads you into Parks Leisure Centre Howdon North Shields. NE29 6TL

ACCOMMODATION

Village Hotel Cobalt Business Park, West Allotment, Newcastle Upon Tyne. Central reservations: 0871 222 4600 NE27 0BY

**Nearest Accommodation to Feis Venue.
Premier Inn - North Shields Ferry Terminal
Coble Dene Road, North Shields.
NE29 6DL Tel: 0871 527 8820**

**Premier Inn Edmund Road,
Holystone, Tyne & Wear.
NE27 0UN Tel: 0871 527 8790**

**Travel Lodge Cobalt Business Park
Silver Fox Way, Newcastle Upon Tyne
NE27 0QJ**

AIRLINES FLYING TO NEWCASTLE INTERNATIONAL

Ryanair: Dublin

British Airways: London Heathrow & Dublin

Easy Jet: Bristol & Belfast International

Aer Lingus: Dublin

Loganair: Southampton & Exeter

Try SKYSCANNER for flight options

TRAIN STATION - NEWCASTLE CENTRAL STATION

TAXI - BLUELINE - 0191 262 6665

2024 WINNERS - North East of England Championships

Mixed	U5	NO COMPETITION	
Mixed	U6	PRIM FARRIES	SHARON TAYLOR ACADEMY
Mixed	U7	CAITLIN CURRIE	CARROL SCHOOL - ULSTER
Mixed	U8	SHELBY HUNT	GLENDARRAGH ACADEMY
Mixed	U9	ALYSSA MEANEY-McMANUS	MULVENNA ACADEMY - ULSTER
Mixed	U10	AOIFE SKITT	DUFFY TRAVIS KING ACADEMY
Mixed	U11	SUMMER CONWAY	LOUGHRAN SCHOOL
Mixed	U12	LUCY BROWNLIE	SHARON TAYLOR ACADEMY
Mixed	U13	MARIA COCO PUENTE DE LA VEGA	KELLY HENDRY SCHOOL
Mixed	U14	KIAN TALLON	O'HEHIR SCHOOL
Mixed	U15	ISABELLA ZIBE	KELLY HENDRY SCHOOL
Mixed	U16	ROISIN TALLON	O'HEHIR SCHOOL
Mixed	U17	AMY HART	MCQUADE SCHOOL
Mixed	U19	FREYA ACKERS HART	WARD-MALLINSON SCHOOL
Mixed	U19	SOPHIA MARTIN	KELLY HENDRY SCHOOL
Mixed	O19	MARY CONWAY	MCGAHAN LEES ACADEMY
Mixed	MNR CHP	NOT AWARDED	
Mixed	JNR CHP	LUCY BROWNLIE	SHARON TAYLOR ACADEMY
Mixed	SNR CHP	AMY HART	MCQUADE SCHOOL
Prelim	U10	MYA GRACE WELLS	NADINE MARTIN ACADEMY
Prelim	U11	JULIANA CELINO	CAROLINE GREENE SCHOOL
Prelim	U12	NO COMPETITION	
Prelim	U13	MILEY CARROLL	JOYCE-O'DONNELL SCHOOL
Prelim	U14	NO COMPETITION	
Prelim	U15	GRACE MARSDEN	O'HEHIR SCHOOL
Prelim	O14	LAUREN BALLS	CLANN NA NGAEL
LOCAL	U9	JASMINE MILLIGAN	KELLY HENDRY SCHOOL
LOCAL	U10	ERIN BECKETT	KELLY HENDRY SCHOOL
LOCAL	U11	LYLA NICKLIN	KELLY HENDRY SCHOOL
LOCAL	U12	HEIDI JACOBSON	RORY PATRICK
LOCAL	U13	SAOIRSE FLEMING	KELLY HENDRY SCHOOL
LOCAL	U14	EILA BECKETT	KELLY HENDRY SCHOOL
LOCAL	U15	THOMAS HURRELL	STOKES COLLINS
LOCAL	U16	LUKE NICHOLS	KELLY HENDRY SCHOOL
LOCAL	U17	ABBIE ORR	STOKES COLLINS
LOCAL	U19	AOIFE BLAND	CLANN NA NGAEL
LOCAL	O/21	CAITLIN CHAPMAN	STOKES COLLINS
BOYS TROPHY	LIAM HARPER	LUKE NICHOLS	KELLY HENDRY SCHOOL