

# TRAINOR SCHOOL OF IRISH DANCING



## 15th Annual Feis

6th & 7th February 2016

Chingford Foundation School  
Nevin Drive, Chingford  
London, E4 7LT

## ADJUDICATORS

Michael Ryan	ADCRG	Co. Tipperary
Linda Martyn	ADCRG	Co Galway
Marcus Maloney	ADCRG	Co Meath
Catherine Collins	ADCRG	London
Michael McInerney	ADCRG	Swindon
Jenny Wilson-Flower	ADCRG	Coventry
Stephen McAteer	ADCRG	London
Deborah Mulvenna	ADCRG	Belfast
Helena McCarron	ADCRG	Birmingham

## MUSICIANS

Anthony Davis	Belfast
Dean Crouch	London
Majella Collins-Brooks	London

**BASE HOTEL:** Waltham Abbey Marriott Hotel, Old Shire Lane, EN9 3LX  
**Telephone:** 01992 717170 and press option 1 and quote code "A1H" or  
**website:** [www.walthamabbeymarriott.co.uk](http://www.walthamabbeymarriott.co.uk) use group code "A1HA1HA"  
**Room £84.00 - All the rates include breakfast and car parking**

[www.sercweb.com](http://www.sercweb.com) - [www.instepfm.com](http://www.instepfm.com) - [www.trainorschool.co.uk](http://www.trainorschool.co.uk)  
Feis Organiser: Bernadette Trainor 07763 584790 - Feis Secretary: Des Silke - 07875 953453

Cláraithe leis An Choimisiún le Rincí Gaelacha

## Standard Rules for SER Feiseanna – 2016

- 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. If the feis organiser decides to take entries on the day they cannot cancel any competition listed on the approved syllabus.
- 4 Ages to be taken from **1st January 2016**.
- 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 Committee members only may approach the Adjudicators.
- 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 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.
- 24 A panel of three adjudicators will judge the Under 6 to Under 9 Mixed Open Championships and all Mixed Preliminary Championships from Under 10 upwards. A panel of six adjudicators will judge all Open Mixed Championships from Under 10 upwards.
- 25 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.**
- 26 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.
- 27 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.
- 28 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.
- 29 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.
- 30 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.
- 31 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.**
- 32 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.
- 33 Any competition can be moved to another hall at the discretion of the Feis Secretary.
- 34 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.
- 35 **Parents are responsible for the conduct of their children**, at all times, whilst attending the Feis.
- 36 The Feis Organiser accepts no responsibility for any loss or damage to personal property.
- 37 No Smoking, eating or drinking in any of the halls, except in designated areas.
- 38 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.

# SOUTHERN ENGLAND REGION PRELIMINARY CHAMPIONSHIP RULES

## Effective from January 1<sup>st</sup> 2015

- 19 If a dancer wins ONE Preliminary Championship from 1st January, they are no longer eligible to enter a Preliminary Championship for the remainder of that year or the following calendar year.
- 20 A dancer is not eligible to enter a Preliminary Championship if they have been placed 1st, 2nd or 3rd in an Open Championship from 1st January in the previous year or within the current calendar year. Once a dancer qualifies for Oireachtas Na Cruinne, they must not enter a Preliminary Championship. They may not compete in Preliminary Championships in the year that they are eligible to dance at Oireachtas Na Cruinne, and the following calendar year. Dancers who qualify for Oireachtas Na Cruinne, are an exception to the rule where they may have automatically qualified due to low entry levels at their Regional Oireachtas. These dancers may remain in the Preliminary grade, if they so wish, until such time they win out of the grade.
- 21 Competitors can only dance in either Preliminary or Open Championship, they may not compete in both.
- 22 If a dancer wins a Preliminary Championship where there were 5 or fewer dancers in the competition, the dancer will still be eligible to enter a Preliminary Championship.

### **PLEASE NOTE**

- 23 The points above apply when a dancer competes from Under 10 and upwards. A dancer who has been placed 1st, 2nd or 3rd in an Open Championship in the age groups below Under 10, will be eligible to compete in Preliminary Championships. (Teachers are advised / requested to use their own discretion)

# 15th TRAINOR FEIS 2016 - TROPHY 1st, 2nd, 3rd

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NOVICE (Bún Grád) ⇓⇓⇓⇓	COR	PORT EADTROM	PORT SINGIL	PORT LUASCA	PORT TROM	CORNPHIOPA		
	TROPHY REEL	TROPHY LIGHT JIG	TROPHY SINGLE JIG	TROPHY SLIP JIG	TROPHY HEAVY JIG	TROPHY HORNPIPE		
Under 6	✓	✓	✓	✓	Under 7	Under 7		
6 & U/7	✓	✓	✓	✓			✓	✓
7 & U/8	✓	✓	✓	✓			✓	✓
8 & U/9	✓	✓	✓	✓			✓	✓
9 & U/10	✓	✓	✓	✓			✓	✓
10 & U/11	✓	✓	✓	✓			✓	✓
11 & U/12	✓	✓	✓	✓			✓	✓
PRIMARY (Tús Grád) ⇓⇓⇓⇓	COR	PORT EADTROM	PORT SINGIL	PORT LUASCA	PORT TROM	CORNPHIOPA		
	TROPHY REEL	TROPHY LIGHT JIG	TROPHY SINGLE JIG	TROPHY SLIP JIG	TROPHY HEAVY JIG	TROPHY HORNPIPE		
Under 6	✓	✓	✓	✓	Under 7	Under 7		
6 & Under 7	✓	✓	✓	✓			✓	✓
7 & Under 8	✓	✓	✓	✓			✓	✓
8 & Under 9	✓	✓	✓	✓			✓	✓
9 & Under 10	✓	✓	✓	✓			✓	✓
10 & Under 11	✓	✓	✓	✓			✓	✓
11 & Under 12	✓	✓	✓	✓			✓	✓
12 & Under 14	✓	✓	✓	✓			✓	✓
14 & Under 16	✓	✓	✓	✓			✓	✓
INTERMEDIATE (Mean Grád) ⇓⇓⇓⇓	COR	PORT EADTROM	PORT SINGIL	PORT LUASCA	PORT TROM	CORNPHIOPA	TROPHY TRAD SET	
	TROPHY REEL	TROPHY LIGHT JIG	TROPHY SINGLE JIG	TROPHY SLIP JIG	TROPHY HEAVY JIG	TROPHY HORNPIPE		
Under 6	✓	✓	✓	✓	Under 7	Under 7	Under 7	
6 & Under 7	✓	✓	✓	✓			✓	✓
7 & Under 8	✓	✓	✓	✓			✓	✓
8 & Under 9	✓	✓	✓	✓			✓	✓
9 & Under 10	✓	✓	✓	✓			✓	✓
10 & Under 11	✓	✓	✓	✓			✓	✓
11 & Under 12	✓	✓	✓	✓			✓	✓
12 & Under 14	✓	✓	✓	✓			✓	✓
14 & Under 16	✓	✓	✓	✓			✓	✓
Over 16	✓	✓	✓	✓			✓	✓
OPEN (Ard Grád) ⇓⇓⇓⇓	COR	PORT EADTROM	PORT SINGIL	PORT LUASCA	PORT TROM	CORNPHIOPA	TROPHY OPEN SET	
	TROPHY REEL	TROPHY LIGHT JIG	TROPHY SINGLE JIG	TROPHY SLIP JIG	TROPHY HEAVY JIG	TROPHY HORNPIPE		
Under 6	✓	✓	✓	✓	Under 7	Under 7		
6 & Under 7	✓	✓	✓	✓			✓	✓
Under 9							✓	
Under 13			13 & Under 16			Over 16		
4 Hand Reel			4 Hand Reel			4 Hand Reel		
Humours of Bandon			Humours of Bandon			Humours of Bandon		
Fairy Reel			Fairy Reel			Fairy Reel		
Progressive Dance			Progressive Dance			Progressive Dance		
Ceili Championship			Ceili Championship			Ceili Championship		
Any Figure Dance			Any Figure Dance			Any Figure Dance Comp		

## Open Mixed Premiers

Age Group	Round 1	Round 2	Round 3
Under 6	Reel (40 Bars)	Light Jig (40 Bars)	
6 & Under 7	Reel (40 Bars)	Light Jig (40 Bars)	

## Open Mixed Championships

Age Group	Round 1	Round 2	Round 3
7 & Under 8	Reel (48 Bars)	Heavy Jig (40 Bars)	Traditional Set
8 & Under 9	Reel (48 Bars)	Heavy Jig (40 Bars)	Traditional Set
9 & Under 10	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
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 20	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
Senior O/20	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance

**From U10 the full number of bars will be danced subject to entries received**

## Preliminary Mixed Championships

Age Group	Round 1	Round 2	Round 3
9 & Under 10	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
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
Over 16	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance

**Reel & Heavy Jig 40 Bars - Slip Jig & Hornpipe 32 Bars**

## Entry Fees

<b>Figure &amp; Ceili competitions &amp; Championships (per dancer)</b>	£2.00
<b>Solo Grade Competitions (all solos are Trophy Competitions)</b>	£4.00
<b>DOOR ENTRY PER FAMILY - Please include with entry</b>	£6.00
<b>Premier Competitions Under 6 &amp; Under 7</b>	£10.00
<b>Preliminary Champs from U10 ( 3 solo results)</b>	£21.00
<b>Open Championships U/8 to O/20 (3 solo results)</b>	£21.00
<b>Family Fee - Maximum for One Child</b>	£35.00
<b>Family Fee - For A Family of Two</b>	£55.00
<b>Family Fee - For A Family of Three or more</b>	£65.00

All Open Championships include 3 solo results, Preliminary Championships include 3 solo results.

**All cheques to be made payable to, "Trainor School"**

**Entries to: Des Silke, 133 Hatfeild Mead, Morden, Surrey, SM4 5PG**

**Closing Date for entries is Friday 22nd January 2016**

**£2.00 Admin fee applies from 23rd January to 5th February 2016. £5.00 Admin fee for entries on the day of the Feis.**

## Awards

2 medals = 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

You do not have to enter grade competitions to enter a preliminary or open championship.



# 15th TRAINOR OPEN FEIS



PROVISIONAL - Timetable for Saturday 6th February 2016

HALL A	SPORTS HALL			HALL B
8:30 AM	9:00 AM			9:00 AM
Under 8 Championship	Under 6 Novice	Under 7 Novice	U6 & U7 Primary	Under 10 Championship Rounds 1 & 2
9:15 AM	10:00 AM			10:00 AM
Under 9 Championship	Under 6 Intermediate	Under 7 Intermediate	U6 & U7 Open & Champ	Under 11 Championship Rounds 1 & 2
10:15 AM	11:00 AM			10:45 AM
Under 10 Set Dance Round	Under 8 Novice	Under 8 Primary	Under 8 Intermediate	Under 12 Championship Rounds 1 & 2
11:15 AM	2:00 PM			11:30 AM
Under 11 Set Dance Round	Under 9 Novice	Under 9 Primary	Under 9 Intermediate	Under 13 Championship Rounds 1 & 2
12:15 PM	Under 9 Open Set Dance			12:15 PM
Under 12 Set Dance Round				Under 14 Championship Rounds 1 & 2
1:15 PM	4:00 PM			1:30 PM
Under 13 Set Dance Round	Under 10 Novice	Under 10 Primary	Under 10 Intermediate	Under 15 Championship Rounds 1 & 2
2:15 PM	6:00 PM			2:15 PM
Under 14 Set Dance Round	Under 10 Preliminary Champ			Under 16 Championship Rounds 1 & 2
3:30 PM	HALL CLOSED - 7.30PM			3:00 PM
Under 15 Set Dance Round	<p>All Mixed Open Championships from Under 10 will be adjudicated by 6 adjudicators. 3 adjudicators for the first two rounds and a separate panel of 3 adjudicators for the Set Dance Round. 100% Recall</p>			Under 17 Championship Rounds 1 & 2
4:15 PM				Under 18 Championship Rounds 1 & 2
5:00 PM				Senior Rounds 1 & 2
5:45 PM				Under 20 All Rounds
Under 18 sets Senior Sets				

PLEASE BE READY TO DANCE 30 MINUTES PRIOR TO THE START OF YOUR COMPETITION.



# 15th TRAINOR OPEN FEIS



PROVISIONAL - Timetable for Sunday 7th February 2016

<b>HALL A</b>	<b>SPORTS HALL</b>			<b>HALL B</b>
<b>9:00 AM</b>  Under 13 Preliminary Champ	<b>9:00 AM</b>  Under 11 Novice	<b>9:00 AM</b>  Under 11 Primary	<b>9:00 AM</b>  Under 11 Intermediate	<b>9:00 AM</b>  Under 14 Preliminary Champ
<b>11:00 AM</b>	<b>11:00 AM</b>			<b>10:30 AM</b>
<b>Under 15</b> Preliminary Champ	<b>Under 12</b> Nov & Pri	<b>Under 12</b> Intermediate	<b>Over 16</b> Intermediate	<b>Under 16</b> Preliminary Champ
<b>1:30 PM</b>	<b>1:00 PM</b>			<b>12:00 PM</b>
<b>Under 12</b> Preliminary Champ	<b>14 &amp; U/16</b> Pri & Int	<b>12 &amp; U/14</b> Primary	<b>12 &amp; U/14</b> Intermediate	<b>Under 11</b> Preliminary Champ
<b>3:00 PM</b>	<b>3:00 PM</b>			<b>1:30 PM</b>
Under 16 Ceili Under 13 Ceili Senior Ceili 0/16	<b>100% Recall in all Preliminary Championships</b>			Over 16 Preliminary Championship

PLEASE BE READY TO DANCE 30 MINUTES PRIOR TO THE START OF YOUR COMPETITION.

# 14th Trainor Open Feis 2015 Winners

<b>Mixed</b>	<b>U6</b>	<b>SIMONE RODGERS</b>	<b>McCARHTY-O'ROURKE ACADEMY</b>
<b>Mixed</b>	<b>U7</b>	<b>TILLY BROWN</b>	<b>TRAINOR SCHOOL</b>
<b>Mixed</b>	<b>U8</b>	<b>ELLA McCONOMY-DOHERTY</b>	<b>McCONOMY SCHOOL</b>
<b>Mixed</b>	<b>U9</b>	<b>ELLIE-KATE McCARTHY</b>	<b>McGAHAN-LEES ACADEMY</b>
<b>Mixed</b>	<b>U10</b>	<b>ELLA McCARTHY</b>	<b>SCOIL RINCE CEIM OIR</b>
<b>Mixed</b>	<b>U11</b>	<b>ELLA OWENS</b>	<b>SCOIL RINCE CEIM OIR</b>
<b>Mixed</b>	<b>U12</b>	<b>HANNAH HUNT</b>	<b>DOHERTY ACADEMY</b>
<b>Mixed</b>	<b>U13</b>	<b>HARRISON CLARKE</b>	<b>REEL EIRE SCHOOL</b>
<b>Mixed</b>	<b>U14</b>	<b>EMMA CASEY</b>	<b>McCONOMY SCHOOL</b>
<b>Mixed</b>	<b>U15</b>	<b>MAIREAD TRAINOR-AITKEN</b>	<b>TRAINOR SCHOOL</b>
<b>Mixed</b>	<b>U16</b>	<b>SHANNON FLANAGAN</b>	<b>DOHERTY ACADEMY</b>
<b>Mixed</b>	<b>U17</b>	<b>NINA RAWLINGS</b>	<b>DOHERTY ACADEMY</b>
<b>Mixed</b>	<b>U18</b>	<b>SHANNON MORRISSEY</b>	<b>SCOIL RINCE CEIM OIR</b>
<b>Mixed</b>	<b>U20</b>	<b>NIALL FORREST</b>	<b>McGAHAN-LEES ACADEMY</b>
<b>Mixed</b>	<b>O20</b>	<b>NADINE MARTIN</b>	<b>DOHERTY ACADEMY</b>
<b>Prelim</b>	<b>U10</b>	<b>SHAUNA MEEHAN</b>	<b>ADRIAN KELLY ACADEMY</b>
<b>Prelim</b>	<b>U11</b>	<b>HOLLY HARRINGTON</b>	<b>McNICHOLAS</b>
<b>Prelim</b>	<b>U12</b>	<b>HOLLY McMINN</b>	<b>McSLOY SCHOOL</b>
<b>Prelim</b>	<b>U13</b>	<b>SHANNON DONOVAN</b>	<b>CLADDAGH ACADEMY</b>
<b>Prelim</b>	<b>U14</b>	<b>NIAMH BRAIDEN</b>	<b>THERESA O'DONOGHUE SCH</b>
<b>Prelim</b>	<b>U15</b>	<b>SHAUNA CLINTON</b>	<b>MAGUIRE-O'SHEA ACADEMY</b>
<b>Prelim</b>	<b>U16</b>	<b>REECE GALLAGHER</b>	<b>TURLEY-DUGGAN ACADEMY</b>
<b>Prelim</b>	<b>O16</b>	<b>KATIE PHIPPS</b>	<b>KATHLEEN MURRAY SCH</b>



