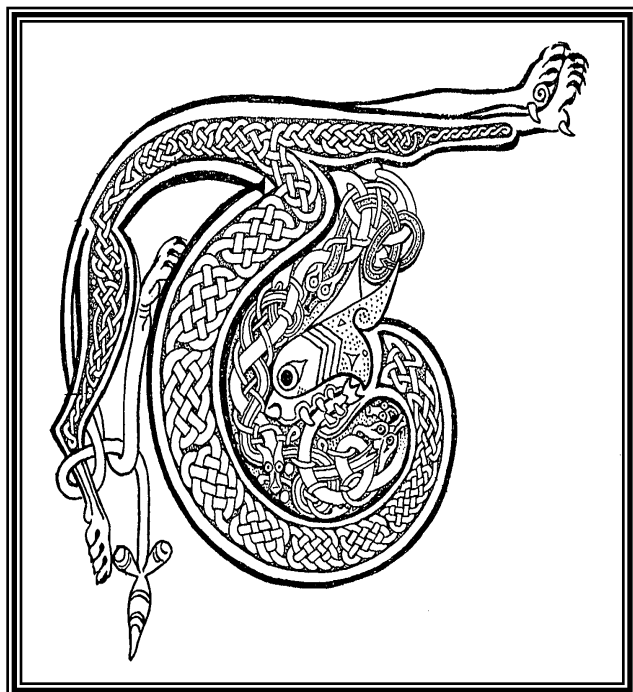


# TRAINOR SCHOOL OF IRISH DANCING



## 11th Annual Feis

4th & 5th February 2012

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

### ADJUDICATORS

Adrian Stewart	ADCRG	Scotland
Ann Ash	ADCRG	North West
Caroline Duggan	ADCRG	Connacht
Danny Doherty	ADCRG	Midlands
Rita Maguire	ADCRG	Australia
Rose Marie Sorohan	ADCRG	Middlesex
Steven Brunning	ADCRG	Midlands
Bernadette Downey Lanigan	ADCRG	Leinster
Chris Ryan	ADCRG	Munster

### MUSICIANS

Anthony Davis	Birmingham
Dean Crouch	London
Liam O'Sullivan	London
Sean O'Brien	London

**BASE HOTEL:** The County Hotel, 30 Oak Hill, Woodford Green, IG8 9NY  
£60.00 prpn for a Double/Twin room - Bed & Full English Breakfast included  
£70.00 prpn for a Family room - Bed & Full English Breakfast included  
Tel: 0208 787 9988 - Please quote: Irish Dancing

[www.sercweb.com](http://www.sercweb.com)

[www.instepfm.com](http://www.instepfm.com)

[www.trainorschool.co.uk](http://www.trainorschool.co.uk)

Cláraithe leis An Choimisiún le Rincí Gaelacha

- 1 Ages to be taken from **1st January 2012**.
- 2 The Feis will run in accordance with the Rules of An Coimisiun Le Rinci Gaelacha.
- 3 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.
- 4 Entries will only be accepted from Schools registered with An Coimisiun Le Rinci Gaelacha, subject to the discretion of the Feis Secretary.
- 5 "Novice Rule" Basic steps as defined by the Southern England Regional Council will be adhered to for all Novice Grade Competitions.
- 6 **ALL** Grade Competitions are OPEN to all Regions.
- 7 A Dancer may only compete in **one grade** for each dance with the exception of dancers who are intermediate and wish to compete in the Open Championship, Preliminary Championship or Premier. Competitors must dance in their own Age Group for Solo Competitions.
- 8 Dancers should have their Competitor Registration Card with them in the event of a query as to their Age Group.
- 9 Where there are five or less entries for a Novice, Primary or Intermediate competition, results will not affect their grading. **A solo competition cannot be held with only "1" competitor.**
- 10 Novice is a dancer who has not placed **1st, 2nd or 3rd** in a Novice Grade competition or any medal in a higher grade for that particular dance.
- 11 Primary Grade is for dancers who have not placed **1st or 2nd** for that particular dance in any Age Group.
- 12 Intermediate Grade is for dancers who have not placed **1st** for that particular dance in a particular Age Group, or who has won a Premier competition, Preliminary Championships or Open Championship.
- 13 A Panel of Three Adjudicators will judge all Championships from Under 8 upwards. 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.
- 14 All decisions of the Adjudicators are **FINAL**.
- 15 Any Solo, Ceili or Figure competition or Championship may be moved to another hall at the discretion of the Feis Secretary to ensure the safety of the dancers and their families as well as to accommodate delays to timetable.
- 16 The Feis Committee accept no liability for loss or damage to personal property.
- 17 New entries may be taken on the day of the Feis at the Discretion of the Feis Organiser..
- 18 No Smoking, eating or drinking in any of the halls, except in designated areas.
- 19 **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 competition.**
- 20 **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.**
- 21 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.
- 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 **Parents are responsible for the conduct of their children**, at all times, whilst attending the Feis.
- 24 **Dancers must be fully dressed at all times. No changing allowed in competition areas.**
- 25 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 from the competition.
- 26 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.**
- 27 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.
- 28 A dancer is only eligible to enter a preliminary championship if they have not been placed 1st, 2nd or 3rd in an open championship from 1st January in the previous year or within the current year. If there were 5 or fewer dancers in the open championship result, the dancer will still be eligible to enter a preliminary championship. A dancer is not eligible to enter a preliminary championship if they are a current medal holder from Oireachtas Na Cruinne. If a dancer wins two preliminary championships within the current feis year, commencing 1st January of that year, they are no longer eligible to enter a preliminary championship in the rest of the current year and until December 31st of the following year. Competitors can only dance in either Preliminary or Open Championship, they may not compete in both. Intermediate competitors can dance their grade dances and either the Preliminary or Open Championship.

## TROPHY GRADE DANCES

TROPHY GRADE DANCES							
NOVICE (Bún Grád) ⇓⇓⇓⇓	COR REEL	PORT EADTROM LIGHT JIG	PORT SINGIL SINGLE JIG	PORT LUASCA SLIP JIG	PORT TROM HEAVY JIG	CORNPHIOPA HORN- PIPE	
UNDER 6	✓	✓	✓	✓			
6 & U/7	✓	✓	✓	✓			
7 & U/8	✓	✓	✓	✓	✓	✓	
8 & U/9	✓	✓	✓	✓	✓	✓	
9 & U/10	✓	✓	✓	✓	✓	✓	
10 & U/11	✓	✓	✓	✓	✓	✓	
11 & U/12	✓	✓	✓	✓	✓	✓	
PRIMARY (Tús Grád) ⇓⇓⇓⇓	COR REEL	PORT EADTROM LIGHT JIG	PORT SINGIL SINGLE JIG	PORT LUASCA SLIP JIG	PORT TROM HEAVY JIG	CORNPHIOPA HORN- PIPE	
UNDER 6	✓	✓	✓	✓			
6 & U/7	✓	✓	✓	✓			
7 & U/8	✓	✓	✓	✓	✓	✓	
8 & U/9	✓	✓	✓	✓	✓	✓	
9 & U/10	✓	✓	✓	✓	✓	✓	
10 & U/11	✓	✓	✓	✓	✓	✓	
11 & U/12	✓	✓	✓	✓	✓	✓	
12 & U/14	✓	✓	✓	✓	✓	✓	
14 & U/16	✓	✓	✓	✓	✓	✓	
INTERMEDIATE (Mean Grád) ⇓⇓⇓⇓	COR REEL	PORT EADTROM LIGHT JIG	PORT SINGIL SINGLE JIG	PORT LUASCA SLIP JIG	PORT TROM HEAVY JIG	CORNPHIOPA HORN- PIPE	TRAD SET
UNDER 6	✓	✓	✓	✓			
6 & U/7	✓	✓	✓	✓			
7 & U/8	✓	✓	✓	✓	✓	✓	
8 & U/9	✓	✓	✓	✓	✓	✓	
9 & U/10	✓	✓	✓	✓	✓	✓	
10 & U/11	✓	✓	✓	✓	✓	✓	
11 & U/12	✓	✓	✓	✓	✓	✓	
12 & U/14	✓	✓	✓	✓	✓	✓	
14 & U/16	✓	✓	✓	✓	✓	✓	
OVER 16	✓	✓	✓	✓	✓	✓	✓
OPEN (Ard Grád) ⇓⇓⇓⇓	COR REEL	PORT EADTROM LIGHT JIG	PORT SINGIL SINGLE JIG	PORT LUASCA SLIP JIG	PORT TROM HEAVY JIG	CORNPHIOPA HORN- PIPE	OPEN SET
UNDER 6	✓	✓	✓	✓			
6 & U/7	✓	✓	✓	✓			
7 & U/8	✓	✓	✓	✓	✓	✓	
8 & U/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	
Walls of Limerick			Walls of Limerick			Walls of Limerick	
Fairy Reel			Fairy Reel			Fairy Reel	
Glencar Reel			Glencar Reel			Glencar Reel	
Duke Reel			Duke Reel			Duke Reel	
Progressive Dance			Progressive Dance			Progressive Dance	
Girls Ceili Championship			Girls Ceili Championship			Girls Ceili Championship	
Mixed Ceili Championship			Mixed Ceili Championship			Mixed Ceili Championship	

## Premier Competitions

Under 6	Premier	Reel & Light Jig
6 & Under 7	Premier	Reel & Light Jig

## Open Championships

Age Group		Round 1	Round 2	Round 3
7 & Under 8	Mixed	Heavy Jig or Hornpipe	Reel or Slip Jig	Trad Set
8 & Under 9	Mixed	Heavy Jig or Hornpipe	Reel or Slip Jig	Trad Set
9 & Under 10	Mixed	Heavy Jig or Hornpipe	Reel or Slip Jig	Trad Set **
10 & Under 11	Mixed	Heavy Jig or Hornpipe	Reel or Slip Jig	Set Dance
11 & Under 12	Mixed	Heavy Jig or Hornpipe	Reel or Slip Jig	Set Dance
12 & Under 13	Mixed	Heavy Jig or Hornpipe	Reel or Slip Jig	Set Dance
13 & Under 14	Mixed	Heavy Jig or Hornpipe	Reel or Slip Jig	Set Dance
14 & Under 15	Mixed	Heavy Jig or Hornpipe	Reel or Slip Jig	Set Dance
15 & Under 16	Mixed	Heavy Jig or Hornpipe	Reel or Slip Jig	Set Dance
16 & Under 17	Mixed	Heavy Jig or Hornpipe	Reel or Slip Jig	Set Dance
17 & Under 18	Mixed	Heavy Jig or Hornpipe	Reel or Slip Jig	Set Dance
18 & Under 20	Mixed	Heavy Jig or Hornpipe	Reel or Slip Jig	Set Dance
Senior O/20	Mixed	Heavy Jig or Hornpipe	Reel or Slip Jig	Set Dance

## Preliminary Championships

Age Group		Round 1	Round 2	Round 3
9 & Under 10	Mixed	Heavy Jig or Hornpipe	Reel or Slip Jig	Trad Set **
10 & Under 11	Mixed	Heavy Jig or Hornpipe	Reel or Slip Jig	Set Dance
11 & Under 12	Mixed	Heavy Jig or Hornpipe	Reel or Slip Jig	Set Dance
12 & Under 13	Mixed	Heavy Jig or Hornpipe	Reel or Slip Jig	Set Dance
13 & Under 14	Mixed	Heavy Jig or Hornpipe	Reel or Slip Jig	Set Dance
14 & Under 15	Mixed	Heavy Jig or Hornpipe	Reel or Slip Jig	Set Dance
15 & Under 16	Mixed	Heavy Jig or Hornpipe	Reel or Slip Jig	Set Dance
Over 16	Mixed	Heavy Jig or Hornpipe	Reel or Slip Jig	Set Dance

## Entry Fees

Figure & Ceili competitions & Championships (per dancer)	£2.00
Solo Grade Competitions (all solos are Trophy Competitions)	£4.00
<b>DOOR ENTRY PER FAMILY</b>	<b>£5.00</b>
<b>U/6 &amp; U/7 Premier Competitions</b>	<b>£8.00</b>
<b>Preliminary Champs from U10 (includes door entry)</b>	<b>£23.00</b>
<b>Open Championships from U/8 ( includes door entry )</b>	<b>£23.00</b>
<b>Family Fee (includes door entry) Maximum for One Child</b>	<b>£35.00</b>
<b>Family Fee (includes door entry) For Family of Two</b>	<b>£55.00</b>
<b>Family Fee (includes door entry) For Family of Three or more</b>	<b>£65.00</b>

### All Open and Preliminary Championships include two solo results

All cheques to be made payable to, "Trainor School of Irish Dancing"

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

**You may also e-mail your entry form to: [desilke@instepfm.com](mailto:desilke@instepfm.com)**

**Closing Date for entries is Friday 20th January 2012**

\*\* Subject to the All Ireland 2012

### NEW LOCAL RULE FOR ALL SOUTHERN ENGLAND REGION FEISEANNA

**LATE ENTRIES WILL BE CHARGED £2 ADMIN FEE PER DANCER FOR THE 2 WEEKS AFTER THE CLOSING DATE**  
**ENTRIES WILL BE ACCEPTED UP TO & INCLUDING THE DAY OF COMPETITION BUT WILL BE**  
**SUBJECT TO A £5 ADMIN FEE PER DANCER IF PAID ON THE DAY OF COMPETITION**



# TRAINOR OPEN FEIS 2012



## PROVISIONAL - Timetable for Saturday 4th February 2012

HALL A 9:00 AM	SPORTS HALL 9:00 AM			HALL B 9:00 AM
Under 8 Championship	Under 6 Novice	Under 6 Pri & Int	Under 6 Open & Premier	Under 14 Championship
10:00 AM	10:00 AM			10:30 AM
Under 9 Championship	Under 7 Novice	Under 7 Pri & Int	Under 7 Open & Premier	Under 15 Championship
11:00 AM	11:00 AM			1:00 PM
Under 10 Championship	Under 8 Novice	Under 8 Primary	Under 8 Int & Open	Under 16 Championship
1:30 PM	2:00 PM			2:30 PM
Under 11 Championship	Under 9 Novice	Under 9 Primary	Under 9 Int & Open	Under 17 Championship
3:30 PM	4:00 PM			4:00 PM
Under 12 Championship	Under 10 Novice	Under 10 Primary	Under 10 Intermediate	Under 18 Championship
5:30 PM	6:00 PM			5:30 PM
Under 13 Championship	Under 10 Preliminary Champ			Under 20 & Senior Championship (ALT)

## PROVISIONAL - Timetable for Sunday 5th February 2012

HALL A 9:00 AM	SPORTS HALL 9:00 AM			HALL B 9:00 AM
Under 13 Preliminary champ	Under 11 Novice	Under 11 Primary	Under 11 Intermediate	Under 14 Preliminary champ
11:00 AM	11:00 AM			11:00 AM
Under 11 Preliminary champ	14 & U/16 Pri & Int	12 & U/14 Primary	12 & U/14 Intermediate	Under 12 Preliminary champ
1:30 PM	1:30 PM			1:00 PM
Under 15 Preliminary champ	Under 12 Nov & Pri	Under 12 Intermediate	Over 16 Intermediate	Under 16 Preliminary champ
4:00 PM	4:00 PM			2:30 PM
Over 16 Preliminary champ				Ceili Championships

# Trainor Open Feis 2011 Winners

<b>Mixed</b>	<b>U/6</b>	<b>NATASHA DANCI</b>	<b>DEEGAN ACADEMY</b>
<b>Mixed</b>	<b>U/7</b>	<b>SHANNON McHUGH</b>	<b>DUGGAN SCHOOL</b>
<b>Mixed</b>	<b>U/8</b>	<b>JOE HOWARTH</b>	<b>THE ACADEMY</b>
<b>Mixed</b>	<b>U/9</b>	<b>EMILY CONCANNON</b>	<b>DUGGAN SCHOOL</b>
<b>Mixed</b>	<b>U/10</b>	<b>EILISH HIGGINS</b>	<b>DUGGAN SCHOOL</b>
<b>Mixed</b>	<b>U/11</b>	<b>MAIREAD TRAINOR-AITKEN</b>	<b>TRAINOR SCHOOL</b>
<b>Mixed</b>	<b>U/12</b>	<b>OLIVIA DRURY</b>	<b>CLADDAGH ACADEMY</b>
<b>Mixed</b>	<b>U/13</b>	<b>JESSICA EVERITT</b>	<b>SEAN EIREANN McMAHON</b>
<b>Mixed</b>	<b>U/14</b>	<b>AMY PRIOR-O'LOUGHLIN</b>	<b>HENNIGAN-O'LOUGHLIN</b>
<b>Mixed</b>	<b>U/15</b>	<b>JADE BRIDGEWATER</b>	<b>THE ACADEMY</b>
<b>Mixed</b>	<b>U/16</b>	<b>CATHERINE MORAN-FEREIRA</b>	<b>MURCHU-DUIGINN</b>
<b>Mixed</b>	<b>U/17</b>	<b>ALANA PEARSON</b>	<b>SCOIL RINCE CEIM OIR</b>
<b>Mixed</b>	<b>U/18</b>	<b>SANDUN VERSCHOOR</b>	<b>REDMOND SCHOOL</b>
<b>Mixed</b>	<b>U/20</b>	<b>NADINE MARTIN</b>	<b>THE ACADEMY</b>
<b>Mixed</b>	<b>O/20</b>	<b>SIOBHAN CASEY</b>	<b>THE ACADEMY</b>
<b>Prelim</b>	<b>U/10</b>	<b>OLIVIA ALLEN</b>	<b>MARIE MARTIN SCHOOL</b>
<b>Prelim</b>	<b>U/11</b>	<b>NIAMH O'CARROLL</b>	<b>AARON CROSBIE ACADEMY</b>
<b>Prelim</b>	<b>U/12</b>	<b>PHILIPPA ROWE</b>	<b>GRIFFIN-LYNCH SCHOOL</b>
<b>Prelim</b>	<b>U/13</b>	<b>ELLIE MICHALAKIS</b>	<b>CLADDAGH ACADEMY</b>
<b>Prelim</b>	<b>U/14</b>	<b>KIERAN YOUNG</b>	<b>SEAN EIREANN McMAHON</b>
<b>Prelim</b>	<b>U/15</b>	<b>HOLLY O'BRIEN</b>	<b>AARON CROSBIE ACADEMY</b>
<b>Prelim</b>	<b>U/16</b>	<b>ROISIN TENNANT</b>	<b>MARION FLANAGN SCHOOL</b>
<b>Prelim</b>	<b>O/16</b>	<b>OLIVIA SWANN</b>	<b>CLADDAGH ACADEMY</b>



