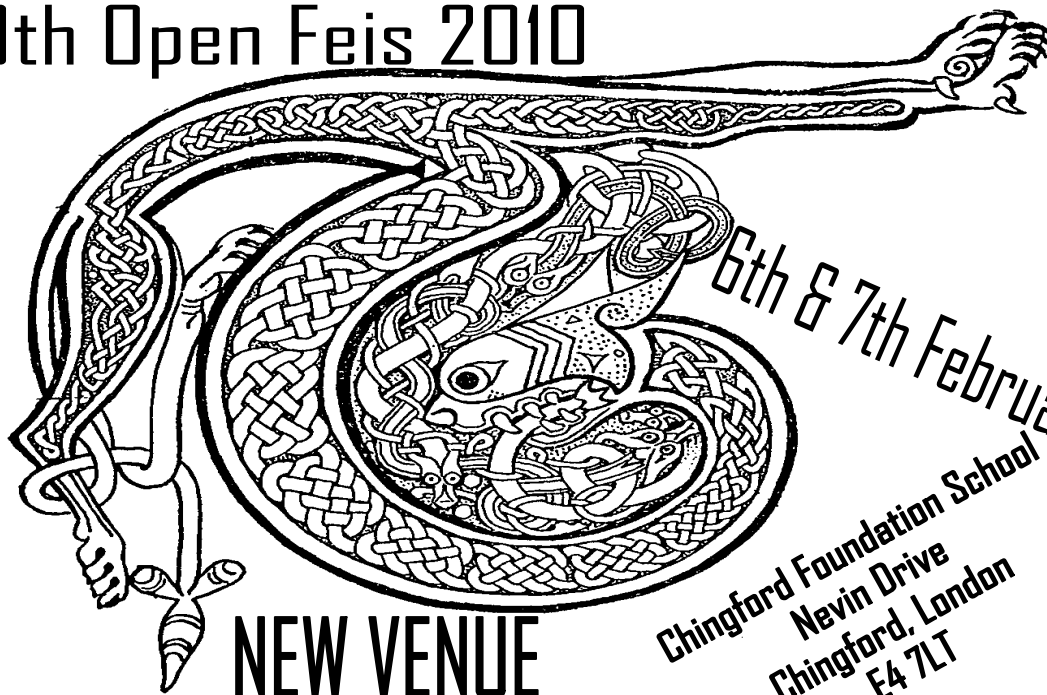


# TRAINOR School of IRISH DANCING

9th Open Feis 2010



6th & 7th February  
Chingford Foundation School  
Nevin Drive  
Chingford, London  
E4 7LT

**NEW VENUE**

## ADJUDICATORS

ANDREA FIELD

ADCRG

DONCASTER

CHRIS RYAN

ADCRG

CORK

ELAINE KAVANAGH

ADCRG

DUBLIN

KATHLEEN CLIFFORD

ADCRG

COVENTRY

KATHLEEN MURRAY

ADCRG

ST ALBANS

MIRIAM McCARTHY

ADCRG

DROGHEDA

PATRICIA SCANLON

ADCRG

BIRMINGHAM

SHARON TAYLOR

ADCRG

GLASGOW

## MUSICIANS

ANTHONY DAVIS

BIRMINGHAM

DEAN CROUCH

LONDON

LIAM O'SULLIVAN

LONDON

PAUL O'DONNELL

CO. ANTRIM

**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

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Please quote: Irish Dancing

- 1 Ages to be taken from **1st January 2010**.
- 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 "Beginners Rule" Basic steps as defined by the Southern England Regional Council will be adhered to for all Beginner Grade Competitions.
- 6 Beginner and Primary 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 Beginner, Primary or Intermediate competition, results will not affect their grading.
- 10 A Beginner is a dancer who has not gained a 1st, 2nd or 3rd place in a Beginner Grade competition or any medal in a higher grade for that particular dance.
- 11 The Primary Grade is for dancers who have not won 1st place for that particular dance in any Age Group.
- 12 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 won a premier or 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 No new entries will be taken on the day.
- 18 No Smoking, eating or drinking in any of the halls, except in designated areas.
- 19 No video, digital recordings or flash photography are allowed whilst competitions are in progress.
- 20 **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.**
- 21 **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.**
- 22 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 (40 Euros), which will be refunded if the objection is upheld.
- 23 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
- 24 **Parents are responsible for the conduct of their children**, at all times, whilst attending the Feis.
- 25 All Beginner 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 2010, 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 2010.**
- 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.
- 29 **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

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 5	✓	✓					
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	Set Dance
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

Solo Grade Competitions (all solos are Trophy Competitions)	£4.00
U/6 & U/7 Premier Competitions	£7.00
U/8 & U/9 Open Championships	£9.00
<b>Open/Preliminary Championships from U/10 ( if doing Solos )</b>	£10.00
<b>Open/Preliminary Championships from U/10 ( includes 3 Solos )</b>	£22.00
Figure & Ceili competitions & Championships (per dancer)	£2.00
<b>Family Fee</b>	£50.00

# FREE ADMISSION TO THE FEIS

**Closing Date for entries is Saturday 23rd January 2010**

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

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

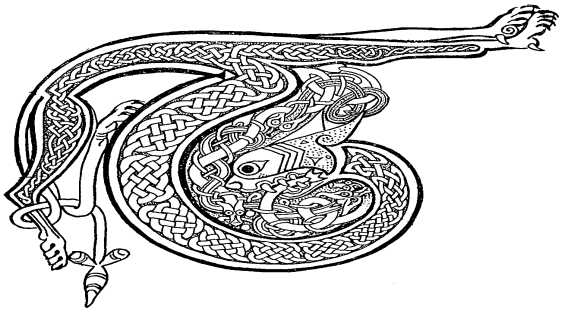
**You may also e-mail your entry form to: [desilke@instepfm.com](mailto:desilke@instepfm.com)**



# TRAINOR OPEN FEIS 2010



PROVISIONAL - Timetable for Saturday 6th February 2010

MAIN HALL	SPORTS HALL			GYM
9:00 AM	STAGE 1	STAGE 2	STAGE 3	9:00 AM
Under 11 Championship	Under 9 Beginner	Under 9 Primary	Under 9 Intermediate & Open	Under 13 Championship
10:00 AM	11:00 AM			10:15 AM
Under 12 Championship	Under 8 Beginner	Under 8 Primary	Under 8 Intermediate & Open	Under 14 Championship
11:00 AM	1:00 PM			11:45 AM
Under 9 Championship	Under 5 & Under 6 Beginner	Under 6 Primary		Under 15 Championship
12:00 PM	2:00 PM			12:45 PM
Under 10 Championship	Under 7 Beginner	Under 7 Primary		Under 16 Championship
1:00 PM	3:30 PM			2:00 PM
Under 8 Championship				Under 17 Championship
2:00 PM				Under 18 Championship
Under 6 Int - Open - Premier				Under 20 & Senior Championship (Alternating)
3:00 PM				
Under 7 Int - Open - Premier	<b>HALL CLOSED</b>			

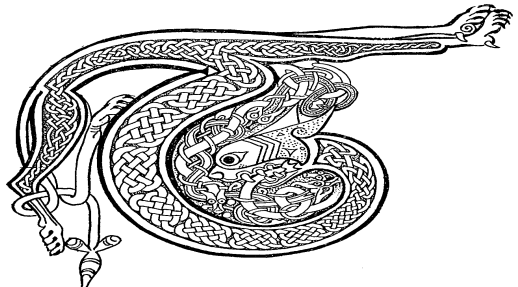
ALL CHAMPIONSHIP RESULTS WILL BE PRESENTED IN THE MAIN HALL



# TRAINOR OPEN FEIS 2010



PROVISIONAL - Timetable for Sunday 7th February 2010

MAIN HALL	SPORTS HALL				GYM
	STAGE 1	STAGE 2	STAGE 3	STAGE 4	
9:00 AM	9:00 AM				9:00 AM
14 & Under 16 Primary	Under 11 Primary	Under 11 Intermediate	Under 10 Primary	Under 10 Intermediate	Under 13 Preliminary champ
10:30 AM	11:00 AM				11:00 AM
14 & Under 16 Intermediate	Under 11 Beginner	12 & Under 14 Primary	12 & Under 14 Intermediate	Under 10 Beginner	Under 12 Preliminary champ
12:00 PM	1:00 PM				12:00 PM
U15 & U16 Preliminary champ	Over 16 Intermediate	Under 12 Beginner	Under 12 Primary	Under 12 Intermediate	Under 10 Preliminary champ
3:30 PM	3:30 PM				1:00 PM
Over 16 Preliminary champ					Under 11 Preliminary champ
5:00 PM					Under 14 Preliminary champ
	<b>HALL CLOSED</b>				HALL CLOSED

ALL PRELIMINARY CHAMPIONSHIP RESULTS WILL BE PRESENTED IN THE MAIN HALL

## Trainor Open Feis 2009 Winners

<b>Mixed</b>	<b>U/6</b>	<b>T'yana Chambers</b>	<b>Aaron Crosbie Academy</b>
<b>Mixed</b>	<b>U/7</b>	<b>Eire Marshall</b>	<b>Clann na nGael</b>
<b>Mixed</b>	<b>U/8</b>	<b>Amy Methven</b>	<b>Hennigan O'Loughlin</b>
<b>Mixed</b>	<b>U/9</b>	<b>Mairead Trainor-Aitken</b>	<b>Trainor School</b>
<b>Mixed</b>	<b>U/10</b>	<b>Roisin Monaghan</b>	<b>Kidd School</b>
<b>Mixed</b>	<b>U/11</b>	<b>Lauren Morrissey</b>	<b>Murchu-Duiginn School</b>
<b>Mixed</b>	<b>U/12</b>	<b>Anne-Marie Heed</b>	<b>Maguire O'Shea Academy</b>
<b>Mixed</b>	<b>U/13</b>	<b>Colm Molloy</b>	<b>Claddagh School</b>
<b>Mixed</b>	<b>U/14</b>	<b>Janice Kenny</b>	<b>Brooks Academy</b>
<b>Mixed</b>	<b>U/15</b>	<b>Alana Pearson</b>	<b>Scoil Rince Ceim Oir</b>
<b>Mixed</b>	<b>U/16</b>	<b>Josh Ruddock</b>	<b>Scoil Rince Ceim Oir</b>
<b>Mixed</b>	<b>U/17</b>	<b>Sarah Cooney Nutley</b>	<b>Scoil Rince Ceim Oir</b>
<b>Mixed</b>	<b>U/18</b>	<b>Sarah Healey</b>	<b>Trainor School</b>
<b>Mixed</b>	<b>U/20</b>	<b>Conor O'Sullivan</b>	<b>Scanlon School</b>
<b>Mixed</b>	<b>Sen</b>	<b>James Breen</b>	<b>Murchu-Duiginn School</b>
<b>Prelim</b>	<b>U/10</b>	<b>Olivia Drury</b>	<b>Claddagh School</b>
<b>Prelim</b>	<b>U/11</b>	<b>Payton Kiel</b>	<b>Aaron Crosbie Academy</b>
<b>Prelim</b>	<b>U/12</b>	<b>Nathan King</b>	<b>Deegan Academy</b>
<b>Prelim</b>	<b>U/13</b>	<b>Marie Stapleton</b>	<b>Maguire O'Shea Academy</b>
<b>Prelim</b>	<b>U/14</b>	<b>Hannah Love</b>	<b>Griffin-Lynch School</b>
<b>Prelim</b>	<b>U/15</b>	<b>Chloe Dagnell</b>	<b>McPartland School</b>
<b>Prelim</b>	<b>U/16</b>	<b>Daisy Whiting</b>	<b>Kelley O'Boyle School</b>
<b>Prelim</b>	<b>Over 16</b>	<b>Leah Corbett</b>	<b>Deegan Academy</b>

