

The 2nd Annual O'Hehir Championships

May 9th & 10th 2026

Rainton Arena

Sunderland Live Arena

Mercantile Road

Houghton le Spring DH4 5PH

Adjudicators

Dervla McGee, Ulster

Deborah Whelan, London

Michael O'Meara, Munster

Colin Ryan, Ulster

Aislinn Brooks Stevens, London

Tricia Scanlon, Birmingham

Musicians

Liam O'Sullivan, Newcastle

Anthony Davis, Birmingham

All enquiries to

ohehirchamps@gmail.com

www.facebook.com/ohehirchampionships

O'HEHIR



CHAMPIONSHIPS

Dear Teachers, Parents and Dancers,

The O'Hehir School is delighted to invite you to our 2nd annual O'Hehir Championships to be held at the Rainton Arena, Durham. The Arena has 2 incredible halls with extra space for a separate results area. The venue has its own fantastic catering facilities and on-site free parking. Our venue is located conveniently just off the A1 with a number of local hotels nearby which will be listed in the syllabus.

Open Championships Under 10- Senior will be held on Saturday 9th May. Grades/ U5-U9 Open Championships and Preliminary Championships held on Sunday 10th May.

All Open Championships will be judged by a panel of 6 adjudicators - 3 for the first 2 rounds and a separate 3 for the set round. All Open and Prelim Championship dancers will be given the opportunity to dance set dance with 100% recall. Under 5-9 Championships and Prelims will be judged by a panel of 3.

We have some beautiful perpetual awards and top 5 in Open and Prelim will receive sashes and trophies. All our grade dances are 'trophy competitions' with top 3 receiving trophies and sashes.

We will be hosting a "Tiny Tots Competition' allowing any dancers under 6 who aren't quite ready to participate in grades to perform 16 bars of reel in a step down the line format. Teachers are welcome to assist their dancers on stage. All children will receive a special award for taking part.

We are excited to announce our 'freestyle' competition. All entry fees received for this competition will be donated to a local charity. This year our chosen cause is helping Sean Dwyer beat Acute Myeloid Leukaemia..

We cannot wait to welcome you all back to our 2nd Championships.

Katrina O'Hehir ADCRG

Lydia Howdon TCRG

and the O'Hehir School of Irish Dance

Competitions, Awards and Parades

Open Championships - U10 to Senior will be judged by a panel of 6 adjudicators. 3 judges for the first 2 rounds, and a new panel of 3 for the recall round. There will be 100% recall in all Open Championships, so that all competitors have the opportunity to dance their set dance. Solo results will be given for the first 2 rounds. U5, U6, U7, U8 & U9 Championships will be judged by a panel of 3 adjudicators. We will aim to do 100% recall in these competitions. All Championships will be mixed.

Preliminary Championships - These will be adjudicated by a panel of 3 adjudicators. (Please check the prelim rules to check eligibility). We will aim to do 100% recall for all Prelim Championships. Solo results will be given for the first 2 rounds.

Awards - Perpetual cups will be awarded to all winners of Open and Prelim championships. There will also be top 5 sashes/pennants and trophies in both of these competitions as well as beautiful medals for the remaining competitors.

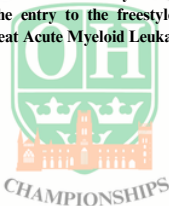
We are offering top 3 trophies and sashes in ALL grade competitions. This will allow more children the opportunity of winning lots of trophies and sashes.

Parades - We would like to invite the top 3 dancers in all Open Championships, and the winner of the Prelim Championships to join us for our Parade of Champions at the end of each day. We will host the Junior & Senior parade on Saturday and the Minor Parade on the Sunday. The Champion of Champions will be crowned from our Open Championship winners and presented with a special perpetual award.

Tiny Tots – Our younger dancers will all take to the stage (with their teacher if they wish) to dance a 16 bar reel 'step down the line'. This competition is ungraded and is perfect for dancers who are perhaps new starters, have never competed in a feis or who simply don't feel confident enough to dance a full dance. All dancers will receive a special award and no doubt a VERY loud cheer from our audience! Please note: Dancers may enter, and compete, in either the Tiny Tots Competition or the solo grade competitions, but not both.

Results - We have a tabulation team working all weekend, full marks for Prelim and Open Championships will be available to purchase after the relevant competition.

Freestyle- Our freestyle competition will allow dancers to be creative with steps and arm movements. It will be a 16 bar reel step in either lights or heavies in any costume showing the dancers own flare and style for dance. All proceeds from the entry to the freestyle competition will be donated to the GoFundMe page to help Sean Dwyer beat Acute Myeloid Leukaemia.



Venue Address

Rainton Arena
Sunderland Live
Mercantile Road
Houghton le Spring
DH4 5PH

Travel

Nearest Airport- Newcastle NCL

Nearest Train Station- Durham

Directions from the A1- At junction 62, take the A690 exit to Sunderland/Durham/Consett/A6910.

At Carrville Interchange, take the 3rd exit onto A690

Take the B1284 exit towards Fence Houses/Hetton-le-Hole/Seaham/B1404

At the roundabout, take the 3rd exit onto B1284

Turn right onto Mercantile Rd turn right and right again. Destination on right hand side.

Parking

There will be plenty of on-site parking and feis wardens to help direct you on arrival.

Nearby Hotels Durham City centre is located only 6km away with a number of different hotels available to book via booking.com. The following hotels are some nearby recommendations:

Highfield Hotel- 1 km

Ramside Hall Hotel- 4 km

Lumley Castle- 5 km

Premier Inn Durham East- 5 km

Premier Inn Durham Walkergate- 6 km

Three Horseshoes Leamside- 4km.

Local Attractions

Durham Cathedral and Castle - 15 mins

Crook Hall Gardens - 14 mins

Oriental Museum and Botanic Gardens - 17 mins

Finchale Priory - 18 mins

Beamish, the living museum of the North -19 mins.



Rules Governing Feis

1. Entries to be sent to ohchirchamps@gmail.com. Entry pack can be found on www.instepfm.co.uk. All entries must be signed by registered teacher and sent with monies prior to Sat 25th April. Age to be taken from 1 January 2026. One entry per School.
2. All entries must be paid for. No refunds unless competition is cancelled. One payment per school.
3. The adjudicator's decision is final.
4. Beginners competitions are open to dancers who have never won a 1st place in that particular dance in any age group and they must dance basic steps.
5. Primary competitions are open to dancers who have never won a 1st place in that particular dance in any age group.
6. Beginners and Primary Competitions are open to all regions and dancers, up to and including the Under 12 age group, may only wear traditional class costumes or long/short sleeved blouses/shirts and skirts/trousers, polo tops and skirts/trousers, body suits and skirts or tunics that conform to the regular costume length rule. Low-cut tops and short tight skirts are not permitted.
7. Intermediate Competitions are open to dancers who have never won a 1st place in that particular dance in their present age group.
8. If there are 5 or less competitors in any Beginners, Primary or Intermediate Competition, this will not count for grading purposes. However, a dancer may only win 3 such competitions and then they will have to move up to the next grade. If there are 15 or more competitors in any Beginners competition, the 1st, 2nd and 3rd placed dancers will move up to the next grade. If there are less than 15, only 1st place will count.
9. With exception of the Under 5, 6 and Under 7 age groups, a competitor, who has won an Open Championship, must dance in the Open grade in the calendar year this was won. Any dancer in the Under 5, 6 and Under 7 age groups, who has won an Open Championship, must dance Open for the dances performed in the Championship. They may dance their other dances in the appropriate grade.
10. Dancers must be present when their competitions are called, otherwise they may lose their right to dance.
11. Dancers must dance in the solo competitions in order to dance in the Open Championship (Under 5, 6, 7, 8 and 9 age groups).
12. Preliminary Championships
 - 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 Championship do not count for grading in solo competitions.
- 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 competition at the Regional Oireachtas.
- 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.

13. In the case of the Preliminary Championships, if there are 5 or less competitors in any single age group, the competitions will be combined and held in a double age group.

14. All trophies are perpetual trophies and must be returned when requested. The recipient/guardian is responsible for any loss or damage to trophies whilst in their possession.

15. Any objections to be made in writing and handed to Feis Secretary with a fee of £15.00. If objection is sustained, the fee will be returned. Objection must be lodged within one hour after completion of the competition.

16. All dancers must be suitably dressed at all times. Changing facilities will be provided. Therefore, there should be no changing in the competition halls. No hairspray or aerosols to be used in dancing areas.

17. Mobile telephones and electronic games must be switched off in dancing areas and no video or digital cameras or flash photography to be used during competitions. No smoking anywhere in the building.

18. The feis organisers will, as far as reasonably practicable, provide suitable surfaces for dancing. However, they cannot accept any liability for injuries sustained whilst dancing. The lodgment of an entry will be deemed to be an acceptance of this provision by a dancer.

19. 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.

20. Length of costume 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 wear black tights (of a denier not less than 70 percent) in order to continue in the competition. For competitions adjudicated by a panel of more than one adjudicator, all adjudicators on the panel must agree to asking the dancer to wear tights. (Effective from 1 March 2022).

21. Appropriate undergarments covering the midriff must be worn. Undergarments must provide full coverage. Dancers wearing undergarments that do not cover these areas 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 adjudicators on the panel must agree to ask the dancer to put on tights. (Effective from 1 March 2022).

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

23. No block, en pointe movements, stationary or moving, are allowed to be performed for all ages up to and including the Under 12 Age Group worldwide. However, dancers, who are moving into the Under 13 Age Group in the following January, will be permitted to do block/en pointe work from 1 September of the year prior to this date.

24. North East teachers must send a copy of their entries to the Records Clerk, Dee Gorman email address-

deemart1964@yahoo.co.uk

by the closing date or a £20 fine will be imposed by the NERC.

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

26. The Feis Committee may modify, alter or cancel any arrangement in this syllabus, as is deemed necessary, subject to the approval of the North East Regional Council.

27. 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 competitions identifying a status of achievement or an 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.

Photographs and videos will be taken and published on our social media throughout the weekend by our Feis organisers. If any parent/guardian do not wish their child to be included in such posts please inform the result announcer so the child can be removed before such media is taken.

Syllabus approved by: Roisin O'Donnell (NE Feis Registrar) Date: 4.3.26



Metronome speeds to be used at all North East Feiseanna (effective from 01.01.22):

<u>Dance</u>	<u>Beginner</u>	<u>Primary</u>	<u>Intermediate/ Open</u>
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

Traditional Set Dance speeds:

St Patrick's Day 94

Blackbird 144

Garden of Daisies 138

Job of Journeywork 138

King of the Fairies 130

Three Sea Captains 96

Jockey to the Fair 90



Solo Grades

B- Beginner P- Primary I-Intermediate O-Open

Trophies and Sashes will be awarded to the top 3 dancers in all grades

Age	Reel £7	Single Jig £7	Light Jig £7	Slip Jig £7	Heavy Jig £7	Hornpipe £7	Trad Set £7
U5	B,P,I,O	B,P,I,O	B,P,I,O	B,P,I,O	B,P,I,O	B,P,I,O	
U6	B,P,I,O	B,P,I,O	B,P,I,O	B,P,I,O	B,P,I,O	B,P,I,O	
U7	B,P,I,O	B,P,I,O	B,P,I,O	B,P,I,O	B,P,I,O	B,P,I,O	O
U8	B,P,I,O	B,P,I,O	B,P,I,O	B,P,I,O	B,P,I,O	B,P,I,O	
U9	B,P,I,O	B,P,I,O	B,P,I,O	B,P,I,O	B,P,I,O	B,P,I,O	O
U10	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	
U11	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	
U12	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	
U13	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	
O13	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	

Prelim Championships

Age	Round 1	Round 2	Round 3
U10	Heavy Jig or Hornpipe	Reel or Slip Jig	Traditional or Open Set
U11,U12,U13,U14,U15, O15	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance

Open Championships

Age	Round 1	Round 2	Round 3
U5 (£20)	Reel	—	—
U6 (£30)	Reel	Single Jig	-
U7 (£30)	Reel	Single, Light or Heavy Jig	-
U8 & U9 (£30)	Reel	Heavy Jig or Hornpipe	Traditional Set Dance
U10 (£45)	Heavy Jig or Hornpipe	Reel or Slip Jig	Traditional or Open Set
U11-Senior (£45)	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance

Tiny Tots

For dancers who aren't ready for grade competitions just yet 16 bars to reel music. £7.50 per dancer.

Freestyle

16 bars Freestyle choreography to Reel music £7 (proceeds to our chosen charity)

Entry Fees and Payment

CLOSING DATE- 25th April 2026

1. Please use entry pack which can be found on <https://www.instepfm.com> **ONE ENTRY PER SCHOOL.**
2. All entries must be completed via the website and full payment made by the 25th April 2026 to avoid paying late fees.
3. Once you've completed your entry via the website, you will receive a confirmation email along with the amount due.
4. All entries **MUST** be paid via Bank Transfer – **ONE PAYMENT PER SCHOOL.**
5. Entries will not be accepted if the accompanying fees are not paid before the closing date.
6. Teachers are responsible for ensuring the entry is correct. Upon receipt of the confirmation email, please check that all information is correct. Details submitted by the teacher will be what appears in the official programme.
7. No refunds will be given unless the event is cancelled.
8. **ALL** entries to be paid in Sterling.

Entries

Solo Grades	£7.00
Traditional Set Dance	£7.00
Tiny Tots	£7.50
Freestyle	£7.00
Ceili - per dancer	£3.00
Open Champs U5	£20.00
Open Champs U6-U9	£30.00
Prelim Champs	£45.00
Open Champs U10-Senior	£45.00

***Dancers in the U5-U9 are required to dance all of their 'Championship' dances in their solo grades to be eligible to compete in their respective championships.**

Discounts

Dancer Maximum* £60.00

Family Maximum* £90.00

*Please note the freestyle comp is not included in the dancer/family max fee.

Door Entry:

Adult £6.00

Children FREE

Concession £3.00

Programme £6.00



Championship Winners from 2025

U5	Saoirse Kane	Sharon Taylor
U6	Mareesa Comerford	Curley Brennan
U7	Orlaith Sprunt	Sharon Taylor
U8	Lily May Prentice	Coyle School
U9	Kyle McCue	Sharon Taylor
U10	Fraser Cross	Sharon Taylor
U11	Miya Grace Wells	Nadine Martin
U12	Cara Rodgers	Sharon Taylor
U13	Lucy Brownlie	Sharon Taylor
U14	Oscar Donnelly	Sharon Taylor
U15	Kian Tallon	O'Hehir School
U16	Caoimhe Loughran	Loughran School
U17	Roisin Tallon	O'Hehir School
U18	Annabelle Wormald	Nadine Martin
U19	Thomas Boden	O'Hehir School
U20	Shauna Meehan	The Irish Dance Academy
O20	Bridget Moran	The Irish Dance Academy

Prelim Winners from 2025

U10	Jaymie Gould	Doherti Petri
U11	Annabelle Gormley	Loughran School
U12	Laylah McCaffaray	Sharon Taylor
U13	Jasmine Makhlof	Ward Mallinson
U14	Nancy Ormrod	Loughran School
U15	Lily Dewar	Sharon Taylor
O15	Leigha McCaffaray	Sharon Taylor

