



**Sunday 4<sup>th</sup> May 2025**

Parklands Hotel & Country Club  
196 Ayr Road, Newton Mearns, G77 6DT

**ADJUDICATORS**

Elan Campbell ADCRG, Ulster

Rachael Corr ADCRG, Ulster

Bernadette Fegan ADCRG, Leinster

Joanne McDermott ADCRG, Ulster

**MUSICIANS**

Gerry Conlon, Glasgow

Roisin McArdle, Glasgow



**Registered with An Coimisiún Le Rincí Gaelacha**



# Welcome to Feis Alba 2025



Dear Teachers, Parents and Dancers,

We very much look forward to welcoming you to Feis Alba 2025 and are delighted to be returning to our fabulous venue. Parklands Hotel & Country Club is situated in the south side of Glasgow, the hotel provides an unbeatable combination of quality accommodation and leisure facilities. The hotel is ideally located a short distance from both Whitecraigs and Patterton train stations, and is only a 10 mile drive to Glasgow City Centre.

Hot and cold food will be available throughout the day, provided by the venue's own catering department. Michael's Restaurant has extensive seating and boasts a modern patio for al fresco dining. There is ample onsite parking available in the main car park.

We are delighted to welcome back our vendors to cater for all your dancing requirements including

- Paula's Wigs 'n' Bling
- Swansons Dancestore
- Jems by Jules



Jems  
by Julesx

## INCLUDED FOR 2025:

1. **\*\*NEW for 2025\*\*** Light and Heavy Trophy in all Beginner and Primary Grades
2. **"Future Stars"** – dancers of any age who are not yet ready to compete in graded or ungraded competitions at Feis Alba are welcome to take part in our Future Stars display. They will be required to dance 16 bars to beginner reel music either individually or collectively within a school and they will all receive a special prize for their performance.
3. **Ungraded** Reel and Single Jig Trophy competitions for dancers Under 5 or younger (born 2020 or later) with results **NOT** counting for grading purposes irrespective of the number of dancers competing.
4. Any dancer Under 5 or younger (born 2020 or later) may also compete in Under 6 graded competitions if they so wish with results subject to the normal grading rules.
5. **U13 Ceili** – This can be the 6 hand Fairy Reel (danced up to and including the Diamond and Square) or any 8 hand from Ár Rincí Céilí.
6. **U12 and Over 12 2-Hand Freestyle competition** – 48 bars Reel, open speed, light/heavy shoes and any costume (in keeping with costume rules).





# Solo Dancing



Age Group	Future Stars £6
Dancers of any age	16 bars to Beginner Reel music

Age Group	Ungraded Trophy (£7 each)
Under 5	Reel
2020 or younger	Single Jig

Age Group	Beginner	Primary	Inter	Open	Premiership
Under 6 2019 or younger	Reel	Reel	Reel	Reel	
	Single Jig	Single Jig	Single Jig	Single Jig	
	Light Jig	Light Jig	Light Jig	Light Jig	R1 Reel
	Slip Jig	Slip Jig	Slip Jig	Slip Jig	R2 Single Jig
	<b>Light Trophy</b>	<b>Light Trophy</b>			
	Treble Jig	Treble Jig	Treble Jig	Treble Jig	
	Hornpipe	Hornpipe	Hornpipe	Hornpipe	
	<b>Heavy Trophy</b>	<b>Heavy Trophy</b>			
Under 7 2018	Reel	Reel	Reel	Reel	
	Single Jig	Single Jig	Single Jig	Single Jig	
	Light Jig	Light Jig	Light Jig	Light Jig	R1 Reel
	Slip Jig	Slip Jig	Slip Jig	Slip Jig	R2 Single Jig
	<b>Light Trophy</b>	<b>Light Trophy</b>			
	Treble Jig	Treble Jig	Treble Jig	Treble Jig	
	Hornpipe	Hornpipe	Hornpipe	Hornpipe	
	<b>Heavy Trophy</b>	<b>Heavy Trophy</b>			
Under 8 2017	Reel	Reel	Reel	Reel	
	Single Jig	Single Jig	Single Jig	Single Jig	
	Light Jig	Light Jig	Light Jig	Light Jig	R1 Reel
	Slip Jig	Slip Jig	Slip Jig	Slip Jig	R2 Double Jig
	<b>Light Trophy</b>	<b>Light Trophy</b>			
	Treble Jig	Treble Jig	Treble Jig	Treble Jig	
	Hornpipe	Hornpipe	Hornpipe	Hornpipe	
	<b>Heavy Trophy</b>	<b>Heavy Trophy</b>			

Please note that all dancers in the above Premierhips will dance 40 bars in their Reel AND 40 bars in the Single Jig/Double Jig. Beginner & Open speed options will be available for the Under 6 Reel.

Dancers must compete in at least 2 solo competitions to be eligible to enter the Premiership.

Age Group	Beginner	Primary	Inter	Open	Premiership
Under 9 2016	Reel	Reel	Reel	Reel	
	Single Jig	Single Jig	Single Jig	Slip Jig	
	Light Jig	Light Jig	Light Jig	Treble Jig	
	Slip Jig	Slip Jig	Slip Jig	Hornpipe	R1 Jig / Horn
	<b>Light Trophy</b>	<b>Light Trophy</b>			R2 Reel / Slip
	Treble Jig	Treble Jig	Treble Jig	Traditional Set	
	Hornpipe	Hornpipe	Hornpipe		
	<b>Heavy Trophy</b>	<b>Heavy Trophy</b>			
Under 10 2015	Reel	Reel	Reel	Reel	
	Single Jig	Single Jig	Single Jig	Slip Jig	
	Light Jig	Light Jig	Light Jig	Treble Jig	
	Slip Jig	Slip Jig	Slip Jig	Hornpipe	R1 Jig / Horn
	<b>Light Trophy</b>	<b>Light Trophy</b>			R2 Reel / Slip
	Treble Jig	Treble Jig	Treble Jig		
	Hornpipe	Hornpipe	Hornpipe		
	<b>Heavy Trophy</b>	<b>Heavy Trophy</b>			
Under 11 2014	Reel	Reel	Reel	Reel	
	Single Jig	Single Jig	Single Jig	Slip Jig	
	Light Jig	Light Jig	Light Jig	Treble Jig	
	Slip Jig	Slip Jig	Slip Jig	Hornpipe	R1 Jig / Horn
	<b>Light Trophy</b>	<b>Light Trophy</b>			R2 Reel / Slip
	Treble Jig	Treble Jig	Treble Jig		
	Hornpipe	Hornpipe	Hornpipe		
	<b>Heavy Trophy</b>	<b>Heavy Trophy</b>			
Under 12 2013	Reel	Reel	Reel	Reel	
	Single Jig	Single Jig	Single Jig	Slip Jig	
	Light Jig	Light Jig	Light Jig	Treble Jig	
	Slip Jig	Slip Jig	Slip Jig	Hornpipe	R1 Jig / Horn
	<b>Light Trophy</b>	<b>Light Trophy</b>			R2 Reel / Slip
	Treble Jig	Treble Jig	Treble Jig		
	Hornpipe	Hornpipe	Hornpipe		
	<b>Heavy Trophy</b>	<b>Heavy Trophy</b>			
Over 12 2012 or older	Reel	Reel	Reel		
	Single Jig	Single Jig	Single Jig		
	Light Jig	Light Jig	Light Jig		
	Slip Jig	Slip Jig	Slip Jig		
	<b>Light Trophy</b>	<b>Light Trophy</b>			
	Treble Jig	Treble Jig	Treble Jig		
	Hornpipe	Hornpipe	Hornpipe		
	<b>Heavy Trophy</b>	<b>Heavy Trophy</b>			

<b>Age Group</b>	<b>Beginner</b>	<b>Primary</b>	<b>Inter</b>	<b>Open</b>	<b>Premiership</b>
<b>Under 13 2012</b>				Reel	
				Slip Jig	R1 Jig / Horn
				Treble Jig	R2 Reel / Slip
				Hornpipe	
<b>Under 15 2011 &amp; 2010</b>				Reel	
				Slip Jig	R1 Jig / Horn
				Treble Jig	R2 Reel / Slip
				Hornpipe	
<b>Under 17 2009 &amp; 2008</b>				Reel	
				Slip Jig	R1 Jig / Horn
				Treble Jig	R2 Reel / Slip
				Hornpipe	
<b>Senior 2007 or earlier</b>				Reel	
				Slip Jig	R1 Jig / Horn
				Treble Jig	R2 Reel / Slip
				Hornpipe	

**Please note from the U9 – Senior Premierhips, dancers will dance one step down the line in both rounds.**

**Dancers must compete in at least 2 solo competitions to be eligible to enter the Premiership.**

**Graded competitions are open to all regions.**

**In the event of small numbers some age groups may be combined.**

The Feis secretary is **Kathleen McLaughlin**

Cheques can be posted to 146 Carmunnock Road, Kingspark, Glasgow, G44 5AG  
or for bank transfer details please email Eileen - [eileen@ethigen.co.uk](mailto:eileen@ethigen.co.uk)

<b><u>Entry Fees</u></b>	<b>Future Stars</b>	<b>£6.00</b>
	<b>Solo Dances</b>	<b>£6.00</b>
	<b>Trophy Dances</b>	<b>£7.00</b>
	<b>Premiership</b>	<b>£12.00</b>
	<b>Ceili (per dancer)</b>	<b>£3.00</b>
	<b>2 Hand Freestyle (per dancer)</b>	<b>£3.00</b>
	<b>Dancer Maximum</b>	<b>£50.00</b>
	<b>Family Maximum</b>	<b>£80.00</b>
	<b>Door Admission</b>	<b>£6.00</b>
	<b>Concession</b>	<b>£3.00</b>

- ❖ Age to be taken from **1st January 2025**
- ❖ Entry forms and fees must reach the Feis secretary by **Friday 21<sup>st</sup> March 2025**
- ❖ Cheques made payable to **Kathleen McLaughlin**  
(for bank transfer details please email Eileen - [eileen@ethigen.co.uk](mailto:eileen@ethigen.co.uk))
- ❖ **Please note that only 1 cheque / bank transfer per school will be accepted**