**I.A.W.A. Gold Cup 2018 Information Sheet**

**13th October 2018**

**Promoter: Paul Barette Email:** [**iawa@metamorfit.co.uk**](mailto:iawa@metamorfit.co.uk) **Tel: +44(0)1323 726833**

**Venue: MetamorFIT, Unit 5F Southbourne Business Park, Courtlands Road, Eastbourne, BN22 8UY. England**

**Lunch & Local Facilities: A buffet lunch will be provided to competitors (time to be**

**confirmed). Local shops/restaurants/fast food outlets will require a short drive if you plan to leave the venue for refreshments.**

**Google Map Showing Venue:**

[**https://www.google.co.uk/maps/place/MetamorFIT/@50.780638,0.286577,15z/data=!4m5!3m4!1s0x0:0xae9ff4150dbd21cd!8m2!3d50.780638!4d0.286577**](https://www.google.co.uk/maps/place/MetamorFIT/@50.780638,0.286577,15z/data=!4m5!3m4!1s0x0:0xae9ff4150dbd21cd!8m2!3d50.780638!4d0.286577)

**Driveway to Southbourne Business Park is opposite ESK Car-Park (next to Charter House)**

**The gym is within easy reach of the town centre. If you are travelling by train, taxis are easy to find**

**just outside the station. Buses run a regular service from the town centre (Number 5/5A) stopping**

**in Ringwood Road (approx. 2-3 minute walk to gym) There should be plenty of space to park but**

**you may be asked to move if our neighbours require access to their businesses.**

**Local Bus Map:**

[**https://tisconmapsstagecoachbus.s3.amazonaws.com/RouteMaps/South%20East/East%20Sussex/Eastbourne%20Network%20Map%20MM%20110218.pdf**](https://tisconmapsstagecoachbus.s3.amazonaws.com/RouteMaps/South%20East/East%20Sussex/Eastbourne%20Network%20Map%20MM%20110218.pdf)

**Hotels:**

**Being a Seaside Tourist Town there is a great selection of Hotels to choose from. For best rates I**

**would suggest websites such as** [**booking.com**](http://www.booking.com)**, there are central and out of town options for**

**accommodation such as Premier Inn and Travelodge.**

**The Hydro Hotel are offering discounted rooms for the Friday night 12th October and Saturday 13th**

**October for anyone attending the banquet. These can be booked directly through the hotel**

**reception on +44(0)1323 720643 or email:** [**sales@hydrohotel.com**](mailto:sales@hydrohotel.com)

**Banquet Venue:**

**The Hydro Hotel, Mount Road, Eastbourne BN20 7HZ at 7.30pm in the Wedgewood Room.**

**The meal will consist of 3 courses and there will be a vegetarian option. Your menu choices will be**

**required before the event so details will be sent out nearer the time.**