**I.A.W.A. World Champs 2018 Information Sheet**

**6th & 7th October 2018**

**Promoters: Paul Barette / Steve Gardner**

**Email:** **iawa@metamorfit.co.uk**

**Tel: +44(0)1323 726833 (MetamorFIT Gym)**

**Mobile: 07710 659744**

**Venue: Eastbourne Sports Park, Cross Levels Way, Eastbourne BN21 2UF**

 **Please note: Sat Nav users - The postcode is shared with Sussex Downs College, make sure you use the Cross Levels way entrance!**

**Weigh-In: Weigh-in will open at 9am with lifting starting at 11am (both days)**

 **(You are only required to weigh-in on day 2 if attempting records)**

 **There are separate male/female changing rooms and showers available.**

**Parking & Local Facilities: There is free car parking at the venue. The signs relating to permits apply to the college students only during school hours. There is a large Sainsburys Supermarket within walking distance.**

**Lunch & Refreshments: The Sports Park has vending machines on site selling a range of drinks and snacks. We should also have a tea/coffee stand. The local Sainsburys will have a wide selection of snacks and drinks.**

**Google Map Showing Venue:** [**https://goo.gl/maps/zByPLnWWHGs**](https://goo.gl/maps/zByPLnWWHGs)

**The venue is within easy reach of the town centre. If you are travelling by train, taxis are easy to find just outside the station. You may find Hampden Park Station a little more convenient as it is within walking distance but not all services stop here.**

**Local Bus Map:**

[**https://tiscon-maps-stagecoachbus.s3.amazonaws.com/RouteMaps/South%20East/East%20Sussex/Eastbourne%20Network%20Map%20MM%20110218.pdf**](https://tiscon-maps-stagecoachbus.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 Afton Hotel are offering a limited number or discounted rooms for anyone attending the banquet. These can be booked directly through the hotel reception on +44 (0)1323 733162**

**Banquet Details:**

**The Afton Hotel, 2-8 Cavendish Place, Eastbourne, BN21 3EJ.** [**http://www.aftonhotel.com/**](http://www.aftonhotel.com/)

**We will be in the Ground Floor function room with access to a bar. 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.**

**Please note: The Afton Hotel does not have a car park. On street parking should be free after 6pm (please check signage). Should you wish to leave your car longer (if staying) then visitor parking permits are available from the hotel reception.**



